



Care of Your New or Relined Dentures

Initially, new dentures are bound to feel strange. Getting used to new or replacement dentures can be quite difficult particularly if you have been without false teeth for some time. Your cheeks, lips and tongue must learn to control them – this takes time. It is not unusual for new dentures to feel loose initially and this is often noticeable with a lower denture. Denture fixative may be helpful while you are getting used to your new false teeth.

Wear your new teeth as much as possible, the more you wear them the quicker you will get used to them. Try not to keep swapping from new to old teeth, persevere with the new ones.

Speech sounds may be altered until the tongue and lips learn to adapt to the shape and position of the new teeth. Your speech will usually return to normal within a day or so.

Cleaning

- Clean over a basin or bowl of water or a soft towel to avoid breakages if dropped.
- **Brush your dentures daily with a soft nail brush using mild bar soap or liquid hand soap** to remove food deposits and plaque
- If possible, at least rinse the dentures in cold water after every meal
- **Routine soaking in a denture cleanser is not recommended**, but occasional use to remove persistent stains and deposits is OK.
- **Plastic Dentures** can be soaked for fifteen minutes in alkaline hypochlorite solution e.g. (Dentural) or in luke warm alkaline peroxide cleaner e.g. (Steradent).
- **Dentures with metal components** can be soaked for 10 minutes in Steradent but avoid Denclen, Dentural or Miltons.
- **For Dentures with soft linings** avoid the alkaline peroxide cleaner e.g. Steradent and simply brush with liquid soap, rinse then store in cold water.
- Never use household products (eg bleach) to clean dentures

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- **Partial denture wearers**, whether plastic or metal, should clean their dentures in the same way, but must pay very careful attention to cleaning their natural teeth as plaque build up will be greater putting them at higher risk of dental decay
- **Even if you have no teeth, brush your gums**, tongue and palate every morning with a soft-bristled brush before you insert your dentures. This stimulates circulation in your tissues and helps remove plaque

Advice

- Take care; dentures are delicate and may break if dropped
- Ideally, dentures **should not be worn when asleep**
- **Place them in cold, plain water when you're not wearing them** as Dentures can become warped if they dry out or are placed in hot water
- You should **never wrap your dentures in a paper towel** because they could easily be thrown away
- A denture fixative may be useful in certain circumstances, but it is essential that the fixative is thoroughly removed before more is added
- See your dentist if your dentures are sore, break, chip, crack or become loose. Don't be tempted to adjust them yourself as this can damage them beyond repair

Soreness

New dentures frequently cause a few sore spots. These may be temporary but if your mouth becomes very sore the dentures will need adjustment. If your mouth is too sore to use the new teeth leave them out (in water) and use your old ones if you still have them. The dentist will adjust your teeth when they see you the next time. It is very important that even if you have not been able to use the new teeth that you do wear them for the day before your next appointment so that your dentist can see exactly where to make the adjustments.

Adapted from BDA, September 2010

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