

## **DENTURE CARE INSTRUCTIONS**

If you have not worn dentures before, they will take a little time to get used to.

You may find your speech a little awkward at first, but this should return to normal very quickly {a day or 2}

Eating may be awkward for longer. This depends on your cheek muscles and tongue learning to chew around the shape of the denture while not dislodging it.

As your new dentures settle in you may find one or two areas of roughness or sharpness. If this happens please make an appointment for a “denture ease”. Please wear your denture the day before this will enable the dentist to see exactly where the problem is and allow for accurate adjustment.

Dentures should be removed, cleaned and left in a bowl of water at night. It is important that the gums are not covered by dentures 24 hours a day. Leaving dentures in the mouth 24 hours a day can lead to infections and gum disease.

If it is an immediate denture fitted straight after an extraction of a tooth then do not remove denture until 24 hours after denture is fitted to allow socket to heal fully.

Even if you have complete dentures, it is important to attend for regular checkups as advised by your dentist. This is so that the general health of your mouth can be monitored.

Dentures should be removed after every meal and cleaned with luke warm water and a soft toothbrush to remove any food debris. Food left on dentures may lead to decay in natural teeth or inflammation of the gums.