



WHAT ARE DENTURES?

- This information is for people who wear dentures. It explains getting used to dentures and discusses wearing dentures overnight, cleaning of your dentures and looking after your dentures.
- Dentures are false teeth that have been custom made to fit your mouth. They replace your natural teeth. A full or complete denture replaces all of your natural teeth and a partial denture rests on an acrylic or metal framework that attaches or clips to some of your remaining natural teeth.



GET IN
TOUCH

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DENTURE INSTRUCTIONS



A HEALTHY
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DENTURES SHOULD BE CLEANED THEN PLACED IN A DRY ENVIRONMENT AT NIGHT.

Wearing dentures at night

If you wear either full or partial dentures it is highly recommended by your dental professional to remove them at night. This allows your gums and other denture bearing areas a chance to rest. This also enables antibacterial agents in your saliva to flow freely through your mouth.

If you do choose to leave your dentures in at night time this can cause soreness, tenderness and redness to your gums. Resorption and bone loss are also accelerated if dentures are worn 24 hours a day and can become a breeding ground for oral bacteria and fungi which can cause irritations and disease.

Soaking

Soaking does not replace brushing but helps to clean difficult to reach areas. Commercial soaking agents are available from supermarkets and pharmacies, or you can make an inexpensive alternative at home by mixing equal parts of white vinegar and water. After soaking, thoroughly brush and rinse dentures in water. Don't use hot water as it may adversely affect the denture material.

Looking after your dentures

Dentures are fragile and may break if they drop. Please take care with delicate partial dentures to prevent breakages. Avoid undue heavy biting on individual front teeth. Make sure clasps fit accurately so they do not rub or wear teeth and make sure clasped teeth are cleaned well to avoid decay.

Storage of dentures

Both new and old dentures should be stored in a clean dry container when not being used. this allows air flow to avoid bacterial build up on dentures. Ensure to clean dentures thoroughly again before use.

Brushing dentures

Use a small soft toothbrush soap or non-concentrated dishwashing liquid. Do not use toothpaste. Cleaning the denture Like natural teeth, dentures attract plaque, become stained and collect food particles that can cause bad breath or irritate your gums. Keeping your dentures clean is vital for good oral health. Whenever possible, your dentures should be cleaned immediately after eating. If you are away from home, rinse the dentures under tap water. Clean your dentures at least twice a day. The best cleaning method is a combination of brushing and soaking.

“For the first few weeks try softer food. Avoid food with chewy, sticky or crunchy texture that can easily dislodge your denture/dentures.”

Getting used to your new denture

New dentures take time to get used to, so don't worry if they feel strange at first. It will take a little time for you and your mouth to adjust. Your dental professional has taken great care to make your dentures fit but they may require slight adjustment in the first week or two while the dentures seat themselves.

Minor sore spots or tenderness usually heal in a day or so. If you experience frequent or long lasting tenderness of the gums, rest your mouth by removing your dentures and rinsing with warm salty water for at least one minute in the morning and at night. If soreness persists please make an appointment with your dental professional.



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