

The Parkstone Dental Practice

Aftercare for new dentures

Your Dentist has just fitted a new denture. This leaflet is aimed at helping you make the transition to being a successful denture wearer.

How to clean your new denture:

Scrub the denture thoroughly with a denture brush and toothpaste over a basin of water.

Rinse the denture.

Soak in 'Milton' for 20 minutes

Then soak in water overnight. It is imperative that the denture is not left in Milton as this may damage your new denture. Never leave the denture dry, it must either be in your mouth or stored 'wet'.

Helpful advice acclimatising to your new denture

Initially you will find your new denture cumbersome. You may find there is an increase in salivation and you may find speech slightly difficult.

All the above tend to settle in about three weeks. It is important that you persevere through this acclimatisation period.

Helpful hints:

Chew food evenly on both sides and at the back of your mouth. Initially take smaller bites of food.

A fixative may help to overcome the initial period of adapting to your denture.

Wear your denture full time for the first 2 weeks, night and day, removing to clean it.

Sometimes you may develop some sore areas in your mouth. This is often dealt with very simply by easing the denture in the appropriate place. If this occurs contact the practice to organise a review with your Dentist.

Happy Denture Wearing!



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