

# Caring For Your Dentures

## Simple advice to keep your dentures and mouth healthy

New dentures take time to get used to — eating and speaking become easier with practice. Looking after them well keeps them comfortable and lasting longer, and keeps your mouth healthy.

### Getting used to them

- Expect them to feel bulky at first and your speech to feel different — reading aloud helps.
- Start with soft foods cut small, chewing on both sides, and build up gradually.
- Sore spots are common at first. If one is painful, wear the denture for a few hours before your adjustment visit so we can see where to ease it.

### Cleaning your dentures

- Clean them twice a day over a bowl of water or a folded towel (so they don't break if dropped).
- Use a soft denture brush or toothbrush with soap and water or denture cleaner — not regular toothpaste, which is too abrasive.
- Soak as directed; rinse well after using any soaking solution.
- For metal (cobalt-chrome) dentures, follow the specific advice we give, as some products can tarnish metal.

### Looking after your mouth

- Take your dentures out at night to rest your gums, unless we advise otherwise, and store them in water so they don't dry out and warp.
- Clean your gums, tongue and any remaining teeth twice a day.
- If you have partial dentures, clean carefully around the natural teeth and clasps to prevent decay and gum disease.

### Looking after the dentures

- Never use very hot water, bleach (unless advised) or harsh chemicals — these can damage or distort them.
- Do not try to adjust or repair them yourself — bring them to us.
- It is normal for dentures to need relining or remaking over time as your gums change.

### When to contact us

- Persistent sore spots, ulcers, or a denture that has become loose or doesn't fit.
- A cracked, chipped or broken denture.
- Any red, white or sore patches in your mouth that last more than 3 weeks — please get these checked.

## Notes & customisation

## Your consent

**My consent.** I have read and understood this advice on caring for my dentures. I have had the chance to ask questions and have them answered, and I know how to contact the practice if I have concerns. The Home Visit Terms & Important Information that apply to all treatments form part of this.

\_\_\_\_\_  
Patient (or representative) name

\_\_\_\_\_  
Relationship to patient (if not the patient)

\_\_\_\_\_  
Patient / representative signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Dentist name

\_\_\_\_\_  
Dentist signature & date

Our **Home Visit Terms & Important Information** (which apply to all treatments) form part of this consent and are provided alongside it.