

Hints

- Napisan is an excellent denture cleaner. Milton's Baby solution can be used. If soaking dentures in Milton's please dilute as per the instructions on the bottle and only soak for 15 minutes twice a week.
- White vinegar can be used to remove any white crusty deposit (calculus) from your denture if it should form. The deposit is calcium salt that has crystallized from the saliva. Overnight soaking may be necessary.
- If you use a nylon bristle toothbrush and this includes those marketed as 'denture brushes' don't scrub your denture vigorously as you will abrade it.
- Brush the soft tissues of your mouth when cleaning the denture to promote good oral health.

Thank you
for your time

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Learning To Use Your Dentures

- Please be patient and expect that it will take two to three months before you will really feel comfortable with your new dentures.
- Speech – if you have difficulty pronouncing certain words practice reading them aloud and you will soon master the correct pronunciation.
- Do not expect to chew easily and effectively immediately. You must learn to use the new denture and this takes time. Take small amounts of food, cut into small pieces with your knife and fork, and start with softer types of food. Learning to use the denture effectively is your part of the treatment. Take the time to eat meals slowly during this learning period.

Cleaning Dentures

Your mouth and your denture must be kept as clean as possible. Failure to do this may result in some damage to the oral tissues.

- Remove and clean the dentures and brush the soft tissues that support the denture after each meal and snack. (At the very minimum – rinse your mouth and denture clean of food debris).
- Liquid soap and detergent (eg. **Palmolive or Sunlight**) can be used for cleaning. Toothpaste can be abrasive on the acrylic parts of the denture if a strong scrubbing action is used.

- **Polident DentuCream** however has been specifically designed for effective cleaning and is a low abrasive paste that will not harm the denture.
- Nylon bristle brushes that are commonly used can be abrasive on the acrylic parts of the denture, if a scrubbing action is used. Keep a brush at home and at your place of work.
- Dentures are slippery when wet. Clean dentures over a basin half filled with water and/or place a towel in the basin.

Overnight Care

- Always leave dentures out of your mouth at night. Your mouth, like the rest of you body, requires a period of rest. This is particularly important with the upper denture.
- Always keep the denture in water when not in your mouth. This prevents the plastic parts from drying and warping.
- Denture cleaners (eg Polident) placed in the overnight water bath are good after the denture has been brushed. These cleaners can be useful for removing tea or coffee stains.
- Develop the habit of examining your mouth in a mirror. This is the best insurance against disease and damage to your tissues. Examine cheeks, tongue and gums carefully. Look for red, irritated, white or swollen areas. Also check for food debris or plaque accumulation on the gums.

Difficulties

- A review appointment will be made for you one week later. It is strongly advised that you wear the dentures until you are seen again. If the discomfort becomes unbearable leave the new dentures out and return to using you old dentures. 36 hours before you review appointment start using the new dentures again. **This is very important.** If this has not been done we may be unable to adjust the dentures and you may just be made another appointment without any treatment being undertaken. If you do develop sore or irritated soft tissues warm salty water rinses are advised and in some cases some oral cream (such as Orabase, SM33 or Bongela).
- People wearing dentures still need to have regular dental checkups. Dentures may need relining because of changes in the bone and soft tissues. The bite should be checked annually. Persistent ulcerations should also be checked.
- Partial denture wearers should see a dentist at least annually to monitor the health, and to scale and polish, any remaining teeth.