



NEW DENTURES

Having a new set of dentures can be quite a challenge, because fit and shape of the teeth are different to the old set. So do persevere it will be worth it in the end.

Learning to use a new denture can have its problems. For a denture to rub or feel sore is not unusual. The following advice may help you get the best from your denture.

Cut up your food smaller and take longer to eat your meals.

The denture may get mixed up with your food at first.

Expect your speech to be a little altered at first.

The above points will ease as your muscles, i.e. lips, tongue, cheeks get used to the shape.

DISCOMFORT

Discomfort may ease after a few days as the mouth adapts to the new denture.

If it does not phone the surgery and arrange an appointment.

If the mouth is very sore, take the denture out and use your old one, if available, **BUT KEEP THE NEW DENTURE IN FOR AS LONG AS POSSIBLE BEFORE YOUR APPOINTMENT.** This will enable us to see exactly where the problem is, otherwise it is impossible to accurately adjust the denture.

TOOTH EXTRACTIONS

If any teeth have been extracted and added to your denture, it is important to follow this additional advice...

1. Keep the denture in all the time for the first week, except when cleaning and using the hot salty washes.
2. As the gum heals, there will be changes under the denture so that within 1-3 months it may feel loose. The denture will then need relining to even remaking after 3 months.

CARE OF YOUR DENTURE

We advise that you leave the denture out at night in a clean glass of water.

DO NOT SOAK IN STERADENT FOR LONGER THAN 10 MINS

DO NOT CLEAN WITH TOOTHPASTE THAT'S TOO ABRASIVE

DO NOT WASH IN HOT WATER

Use either a soft brush with soap and water or Denclean which is available from the surgery.

If you have any difficulties with your new denture contact the surgery on:

Or our after hours: 07 5446-4777

Or after hours in an emergency: 0439-715-963