

## Cleaning your dentures

How often should I clean my dentures?

It is important to treat your dentures like you would treat your natural teeth. You should keep them as clean as possible so that you don't lose any more teeth, or have inflamed gums or bacterial and fungal infections. We usually recommend that you clean them thoroughly at least once a day, and after eating.

How should I clean my dentures?

Dentures may break if you drop them. Always clean your dentures over a bowl of water or a folded towel in case you drop them.

To clean your dentures, the general rule is: brush and soak every day. Brush your dentures first, to help remove any bits of food. Use a non-abrasive denture cleaner, not toothpaste. Be careful not to scrub too hard as this may cause grooves in the surface.

Make sure you brush all the surfaces of the dentures, including the surface that fits against your gums. This is especially important if you use any kind of denture fixative.

Soak your dentures every day in a denture-cleaning solution. This will help remove any plaque and stubborn stains that are left. It will also help to disinfect your dentures, leaving them feeling fresher. Always follow the manufacturer's instructions.

Is there anything I should avoid?

It is important not to use any type of bleaching product to clean your dentures. Bleaching can lead to weakening of the dentures as well as making them look unsightly. Do not use very hot water to soak your dentures. Again, it can weaken the dentures causing them to break.

What should I do if my denture has a soft lining?

Some people have sensitive gums and may need a softer lining made for their dentures. If you have one of these special linings, it is important to check with your dental team before using any cleaning products or fixatives, as some products can damage the lining.

What if I have a metal denture?

Soak your denture in sterident

Should I remove my dentures at night?

Don't keep your dentures in overnight. It is important that you allow your soft tissues to breathe.



# Wessex House Dental Practice

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**WESSEX HOUSE**  
DENTAL PRACTICE

## Home Care Instructions for New Dentures

Westbury  
Sherborne  
Dorset  
DT9 3EH

www.wessex.house  
01935 817 950

reception@weesexhousedental.com

## Immediate Dentures

An “immediate” denture is a denture that is fit following the extraction of teeth.

It is important to remember:

- DO NOT take the denture out at all for the first 24 hours, unless there is a real need to, for example, profuse bleeding
- For 3 days following, wear your denture both during the day and the night. However, you can take them out briefly for cleaning
- The denture may not feel comfortable to start with and it may need adjusting, this will be a simple to the practice.
- A denture adjustment or even a new denture may be required 3-6 months later. You may notice over time that your denture becomes loose, this is very normal and happens when the gum shrinks back during the healing process.



## After your denture have been fit

Getting to grips with new dentures can be challenging.

New dentures will feel different from your old dentures, your mouth will take time to adjust to them.

It is perfectly normal for it to take several appointments to make adjustments to your denture before they become comfortable. If you experience soreness caused by pressure from the denture, please call the reception team and they will book you an appointment.

Dentures will fit better when they are wet. It can be a good idea to run them under water before you place them in your mouth.

To help with the fit, you can also use products such as poligrip. This is a glue like product that you can place on the denture. It will adhere to your soft tissue to aid a better fit. It is easily removed with warm water and a denture brush.



You may find that eating with dentures is more difficult than eating with natural teeth. It is often easier for you to take smaller bites of food and chew on both sides of your mouth at the same time.

Biting into hard foods like apples and carrots or chewy foods like steak is not advisable.

There are various types of dentures that we can provide. Please speak to your dentist to discuss which is best for you.