

Special Needs Unit

Caring for your dentures and partial dentures

New dentures

- > Give yourself time to adjust to your new dentures – they will feel different to your natural teeth or your previous dentures, and it may take several weeks before they feel comfortable.
- > It is common to have some discomfort or experience difficulties – everyone is different, so adjustment times will vary.
- > You may find you produce more saliva than usual, but this will settle with time.

Eating tips

- > Begin with eating soft foods while you adjust to your new dentures.
- > Chew using both sides of your mouth – equal pressure helps keep the denture in position.
- > Cut food into smaller portions – let the knife and fork do the work for you.
- > Rinse your denture and mouth with water after eating.

Cleaning your dentures

Maintain good oral health by keeping your dentures, any remaining teeth and mouth clean. Like natural teeth, dentures can attract plaque, stain and collect food particles that cause bad breath and irritate gums.

Daily

- > Remove your dentures from your mouth before cleaning.
- > Place a face washer in the bottom of the basin or clean your dentures over a plastic container so they don't break if you drop them.
- > Brush your dentures with a soft brush morning and night.
- > Use soap and cold water or denture toothpaste. Rinse well.
- > If you have a partial denture, take care not to bend the clasps.
- > Rest your gums at night by leaving your dentures out.

- > Clean your dentures and leave them in cold water overnight.
- > Brush your gums and tongue.
- > Brush any remaining natural teeth with a soft toothbrush and fluoride toothpaste morning and night.



Weekly

Brushing your dentures with a soft brush and toothpaste or mild soap will keep them clean. Soaking can be useful to remove stains.

Soak your dentures once a week in two teaspoons of Milton's Solution (or household bleach) to one cup of cold water. Brush your dentures before and after soaking.



Dry mouth

Saliva lubricates the mouth and assists speech, taste and chewing. It also washes teeth providing minerals for repair. Saliva helps prevent bacteria, viruses and fungi from causing infections.

Certain medications can make the mouth dry. If this happens, try:

- > frequently sipping water
- > using a saliva substitute
- > denture adhesive.

Your dentist will advise you on how to manage your dry mouth to suit your individual needs.



Denture stomatitis

Denture stomatitis is an infection resulting in inflammation, swelling and possible bleeding of the oral tissues underneath a denture. These simple steps will help manage this condition:

- > Rest your mouth and gums at night by leaving your dentures in a container of cold water.
- > Brush the denture daily with a soft toothbrush, toothpaste or mild soap.
- > Soak the denture regularly in diluted bleach or Milton's Solution (two teaspoons to one cup of cold water). Soak for 20 minutes.

Caring for your permanent soft lined denture

Your denture has been relined with a material that has many advantages including comfort, resistance to mechanical pressure and natural gum appearance.

To care for your soft lined denture:

- > keep the lining clean
- > rinse the denture after meals with tap water
- > rinse your mouth after meals with tap water, especially after drinking fruit or vegetable juice
- > brush your denture daily with a soft toothbrush and liquid soap to remove plaque
- > if you use denture cleaning liquid from the chemist or supermarket, do not soak your soft lined denture for more than 10 to 15 minutes, as the denture may deteriorate
- > remove the denture before bed at night, clean it and store in a dry place

- > tea, coffee and wine may cause discoloration of your denture if consumed frequently
- > tobacco products may cause irreversible discoloration of the relined denture. If you smoke, think about quitting – call the QUITLINE on 137 848.

Sore spots

- > You may experience pressure or sore spots from your dentures.
- > Contact the dental clinic if you are experiencing problems – your dentures may need adjusting. *Do not attempt to adjust your denture yourself.*
- > Rinse your mouth with warm salty water.
- > Leave your denture out as much as possible.
- > Ask the dentist or pharmacy about gel for pain (for example WCH mouth paint or Curasept gel).
- > Wear your dentures for 24 hours prior to the dental appointment so sore spots are more easily identified by the dentist.
- > Contact the dental clinic if ulcers do not heal within 10 to 14 days.

For more information

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Interpreters

SA Dental Service staff can arrange for an interpreter to contact you. Phone 8222 9016.

