If you are a smoker, think about quitting.
Call the Quitline on 13 7848.

For more information:
SA Dental Service contact details are listed in the White Pages Business and Government listing under SA Health. Contact your local clinic for appointments and treatment information.

For general enquiries, contact:
SA Dental Service
GPO Box 864
Adelaide SA 5001
Telephone: 1300 008 222


Interpreters: If you need an interpreter, call the clinic before your appointment, so that staff can arrange for one to be present when you attend.

If you are deaf, or have a hearing or speech impairment, contact us through the National Relay Service. For more information call 1800 555 660 or visit www.relayservice.gov.au

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Caring for your dentures and partial dentures

New dentures
> Allow yourself time to adjust to your new dentures.
> If you are wearing dentures for the first time they will feel different to your natural teeth.
> New dentures will feel different to your old dentures.
> It may take several weeks before your dentures feel comfortable.
> It is common to have some discomfort or experience difficulties. Everyone is different so adjustment times vary.
> You may find you produce more saliva than usual but this will settle with time.

Eating tips
> While you adjust to your new dentures begin with eating soft foods.
> Chew using both sides of your mouth as 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 natural teeth and mouth clean. Like natural teeth, dentures attract plaque, can stain and collect food particles that cause bad breath and irritate gums.

Daily
> Remove dentures 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 then 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 over night.
> 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 soap will keep them clean.
> Soaking can be useful to remove stains.
> Soak your dentures once a week in water and white vinegar (half and half) for three to four hours, or in water with a denture tablet.
> Brush and rinse your dentures before and after soaking.
> Do not soak partial dentures in water and vinegar – it may corrode the metal.

Sore spots
> You may experience pressure or sore spots.
> Contact the dental clinic if you are experiencing problems. Your dentures may need adjusting.
> Do not attempt to adjust the 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 Bonjela or Oragum).
> 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 after 10 -14 days.

Dry mouth
> Drink or sip water often.
> Ask the clinic or pharmacy about products for dry mouth.

Better fitting dentures.
> Ask the clinic or pharmacy about a range of adhesive products that may help stabilise the denture.
> Clean adhesive off daily.
> Contact the dental clinic if you have concerns.