

New Dentures

New dentures may cause temporary discomfort which is normal. However, the success depends on you, but do not be upset by minor difficulties when you first try to use them.

Eating

Place only small portions of food between the side teeth and chew carefully before swallowing. Your first meals will take longer to eat than usual. Do not be in a hurry, but slowly learn to eat with them. The dentures will tend to move at first but they will become firmer after a few days.

Adjustments

If your mouth becomes sore and you have to remove your dentures, begin wearing them again several hours before your next dental appointment, so that you are aware of the sore area and can tell the dentist where to look. If you do not have an appointment already arranged, please telephone your dentist.

Cleaning

Clean dentures after meals with a small-headed brush and washing-up liquid in water. If you occasionally use a denture cleaner, use in accordance with the manufacturers' instructions for the short soak (twenty minutes). Is it advisable to brush the dentures over a sink of water as this will prevent them breaking if dropped. **Never** put your dentures into very hot water or leave in bleach.

Don't forget to brush any natural teeth with a small headed, medium textured toothbrush and a pea-sized amount of fluoride toothpaste. Your tongue and gums also need cleaning with a toothbrush. Spit after brushing, don't rinse.

Please note: Your dentures will need replacing after 8 - 10 years. Meanwhile, remember to have annual check-ups.

For further advice or information please contact:

**Coventry Dental Service, Oral Health Promotion
024 7696 1556 or 024 7696 1327**

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