



COIA & ASSOCIATES

DENTURE WEARING GUIDE

Your new denture has been carefully crafted to provide a natural appearance with which you can be confident. It is important to realise that dentures are not permanent and the mouth can be a hazardous place!

Changes will continue to occur in the bone and soft tissues of your mouth so future adjustments will be needed. The correct home care is needed if you are to get the most out of your dentures. Only use denture adhesive on the advice of your dentist. Never adjust or repair the denture yourself. Come for check-ups, as recommended by the dentist to make sure your mouth is healthy, have an oral cancer check and make sure that dentures are doing no harm.

AT THE START:

- Leave dentures in for the first 24 hours – to allow the mouth to adapt, but after this leave them out at night.
- Feelings of fullness and lots of saliva will lessen with time.
- Expect sore spots at first, if these do not get better in 24-48 hours contact us for an ease appointment on 0141 339 5343

EATING WITH THE NEW DENTURES:

- Cut food into small pieces.
- Eating with food on both sides of your mouth can help.
- Biting foods on the front teeth can dislodge the dentures and irritate the mouth.
- Avoid very sticky foods.
- Be patient, learning to eat with dentures takes time and will never be as easy or efficient as eating with natural teeth.

TALKING WITH THE NEW DENTURES:

- Adjusting takes time – read out loud to speed up the process.
- Muscles need to learn how to work around the dentures and hold them in place.
- The feeling of crowding of the tongue will get less in time.

CLEANING YOUR MOUTH AND DENTURES:

- Clean and massage your gums daily with a soft toothbrush.
- Brush your dentures inside and out with a soft toothbrush and ordinary liquid soap, fairy liquid or denture cream. If they look clean they are clean!
- Try not to use toothpaste on dentures, it is too abrasive.
- Keep wet in water if your dentures are out for any length of time. If allowed to dry out your dentures will change colour and the surface may crack.
- If you use Steradent make sure the water is lukewarm not hot. Use this 2 times a week only. Do not use Steradent on metal dentures.