

CLIVE FISHER
576 GLENHUNTLY ROAD
ELSTERNWICK 3185

Caring for your Dentures

Insertion and removal – Your dentist will show you how to place and remove your dentures. Be sure you can do this before leaving the surgery.

Function – Your new dentures will feel strange at first. Your mouth will take some time to adapt to new dentures. When eating, start with soft foods. Have small amounts and chew slowly. Bite food at the corners of the mouth, not at the front. Chew on both sides at the same time, if possible. Your speech will change slightly but will return to normal as you get used to the dentures.

Overnight care – Dentures should be removed before going to bed. This gives your mouth a chance to rest. Clean your dentures and place them in a glass of water overnight.

Oral hygiene – It is important that you take care of your clean mouth as well as your dentures. Use a soft toothbrush or your finger to massage your mouth and use a mouthwash to give your mouth a fresher feeling.

Maintenance – Clean your dentures after each meal to keep them free of food particles and plaque. Brush both the inside and outside surfaces of your dentures with a soft toothbrush and soap, or a specific denture cleaner. Place some water or a cloth in the basin while cleaning to prevent damage if you drop them. Do not use hot water, detergents, abrasives, bleaches.

Pain – Some pain may develop under your new dentures. In this case you need to make an appointment to have them adjusted. If the pain becomes severe, leave your dentures out for a while. Remember to put them back in a couple of hours before your appointment as this helps see where the dentures need to be adjusted. Several adjustments may be required.

If you have any problems with your new dentures please don't hesitate to call us on 9523 0788.