

Dentures Aftercare Advice

What to expect when wearing a new denture

It can take time to get used to wearing a new denture. Initially, they might seem bulky but this is perfectly natural and this feeling will subside after a few weeks.

You will probably salivate a lot more when you first start wearing them. Sipping water will help to reduce the buildup of saliva in your mouth. Sore spots may occur but this is also perfectly normal and they should quickly settle down. Try rinsing your mouth with warm salt water for increased comfort. If the sore spots do not resolve after a week or so, you should ring the dentist for advice.

Your dentist will advise you how often to wear your denture when you receive your finished dentures. For the first few days it is best to wear your dentures all of the time, even whilst you are asleep. Following this initial period, it is generally best to remove dentures before you go to bed. This gives your gums a chance to rest and can reduce the chances of your dentures being damaged if you grind your teeth whilst sleeping. If you do remove your dentures at night, please remember to clean them thoroughly and store them in a denture cleanser or cold water. Some people are uncomfortable without their dentures, and prefer to carry on wearing them overnight. If this is the case, you should make sure that your denture and gums are free from food debris, and they are cleaned properly before bed.

Your mouth will take time to get used to wearing new dentures. Any looseness should subside after around a month once your tongue and cheek muscles instinctively learn to hold them in place. If your new dentures are moving around during the first month, use a denture adhesive like Fixodent to help fix them in place. Although very rare, if they continue to move around, contact the practice for advice.

New dentures and your speech

When new dentures are provided, some patients find their speech can alter slightly for a short period of time, particularly whilst getting used to wearing them. This should wear off as the patient becomes more comfortable with wearing their new dentures.

New dentures and eating

Eating with new dentures will take time and some practice. Your cheeks, lips and tongue will need to adapt to the shape of the denture base and the position of the new teeth.

For the first 24 hours avoid hard, crunchy and sticky foods. Stick to soft foods that are easy to chew, eat slowly and cut food in to small pieces. Use both sides of your mouth to chew instead of favouring one side, as this will stop the dentures being pulled out of position. Try to avoid tearing or cutting into food with your front teeth.

Introduce other foods slowly as you feel more confident in your new dentures.

Looking after your dentures and your oral hygiene

Keeping your mouth clean is just as important when you wear dentures. You should brush your remaining teeth, gums and tongue every morning and evening with appropriate toothpaste to prevent tooth decay, gum disease and other dental problems. Remember to remove your denture before you brush your teeth.

It is important to regularly remove plaque and food deposits from your dentures. Unclean dentures can lead to problems such as bad breath, gum disease, tooth decay and oral thrush.

Clean your dentures at least twice a day, every morning and evening, and after eating when necessary.



- Dentures can break, so fill your sink with warm water and roll up a towel and place it on the edge, in case you drop them.
- Take your dentures out of your mouth.
- Rinse your denture with lukewarm or cold running water to get rid of loose food particles.
- Brush your denture with a denture brush or soft toothbrush. You can use water or low-abrasive toothpaste to help. Avoid abrasive toothpaste.
- If your dentures have clips, be careful not to damage them.
- Use a denture cleaning solution or cold water to soak them in. Always follow the instructions on the denture cleaning solution pack.
- Rinse the dentures thoroughly using lukewarm or cold running water before inserting them in to your mouth again.
- You will also need to brush your tongue, gums and the roof of your mouth regularly to maintain good oral health.

Do I still need to visit the dentist if I have dentures?

It is important to visit the dentist regularly to check your remaining teeth, gums, and the other parts of your mouth. The dentist can also monitor your dentures. Your dentist will advise you on how often to visit for a check-up.

What to do if your denture starts to wear

Eventually, some denture materials, particularly acrylic, will start to wear. If this happens, contact the practice and the denture can usually be sent for a reline to build up the material again. If not within the guarantee period, there will be a charge for this. Depending on how old your dentures are, a reline may not be appropriate, and a new denture may be required. Your Hampton dentist will be able to advise you of this at your regular check-up.

What to do if your denture breaks or a tooth falls off

Do not try to repair the denture or fix the tooth back on yourself. Contact Hampton Dental Care who should be able to send this for repair. If not within the guarantee period, there will be a charge for this. If a piece of the denture is missing or for some reason the lab advise that it cannot be repaired, a new denture will probably be required. If not within the guarantee period, there will be a charge for this.