

Denture and obturator care

Information for patients



About this leaflet

Your new dentures have been made to fit your mouth. As they are artificial their success depends on how well you adapt to them. This leaflet explains how to look after them and what to expect in the early stages as you get used to wearing them.

What can I expect in the early days?

For the first few weeks your new dentures may feel bulky and odd. You will eventually become used to them. Inserting and removing the dentures will need some practice.

How long can I wear them?

You can wear your dentures throughout the day, taking them out only to clean after meals. You must remove them before going to bed – this allows the gums to rest and promotes oral health. Always store dentures in a container with cold water. If you have concerns about removing your dentures, please discuss with your dentist.

Will I have any discomfort?

Most people manage to adapt well to new dentures. You may have some sore spots for the first 24-48 hours. You may already have an appointment to see your dentist, who will ease these areas to improve the fit. The sore spots can take up to a week to heal afterwards. If you cannot see your dentist immediately, you may need to reduce or stop denture wear until 2-3 days before the review appointment.

How do I eat with my dentures?

Start with soft foods and gradually progress onto more solid food. You may need to cut your food into small portions and chew using both sides of your mouth to prevent the denture from rocking. Avoid biting with your front teeth (like biting into an apple) as this could cause your denture to tilt.

Will my speech be affected?

Initially, your speech may be altered and pronouncing certain words will require practise. However, your speech should be back to normal within a week. To speed this process, try reading out loud from a book or newspaper.

How do I clean my dentures?

To prevent build-up of food debris, stains and tartar, you need to clean your dentures daily.

Brushing

- Use a regular toothbrush or denture brush to clean your denture, along with soap (such as liquid hand soap or washing up liquid) and warm running water (avoid hot water). Avoid using toothpaste, abrasive pastes or smokers' toothpaste, as this can scratch the denture, which can make it more prone to collect debris, stains and tartar.
- Dentures can break, so always fill a sink or bowl with water, then clean your dentures over the sink/bowl, just in case they slip out of your hands by accident.
- Brush or rinse the denture after every meal to prevent the build up of debris.

Soaking

- You can use proprietary denture cleaning tablets or solutions for soaking, to help loosen and remove stains and deposits. However, you should avoid leaving the dentures in the solution overnight. A 10-minute soak once or twice a week should be sufficient.
- Do not soak if you have a metal denture as it can damage the metal. They can be effectively cleaned with a brush and warm soapy water. Avoid soaking if your denture has a soft lining as some products could damage the lining. They can also be cleaned by brushing.

Why is oral care important?

With partial dentures, you must take extra care of your teeth and gums. Even with full dentures, you still need to take good care of your mouth. Brush your gums, tongue and palate with a soft brush twice a day. This helps to remove plaque and improves the general health of your mouth.

Will my dentures need replacing?

Over time dentures will need to be relined, rebased or remade due to normal wear. The dentist will use your existing dentures to reline or rebase. They may need replacing if they become loose and the teeth show signs of significant wear. Dentures become loose because the mouth naturally changes with age. Gums and the underlying bone can shrink, causing the dentures to become loose. It is important to replace worn or poorly-fitting dentures before they start causing problems.

Any questions?

If you have any further concerns, please discuss them with your dentist or contact us on:

01872 253980

Monday to Friday

Outside of these hours please call:

01872 250000

and ask for the on call Max Fax SHO.

Adapted with permission from University Hospitals of Leicester NHS Trust

If you would like this leaflet in large print, braille, audio version or in another language, please contact the General Office on 01872 252690

