



Denture Care Instructions at Avenue Dental on the Sunshine Coast

To begin with...the denture may feel tight, bulky or uncomfortable and you may find that your gums feel sore...

You may also find you have increased saliva in your mouth and difficulty speaking, practice speaking out loud to get used to them. You will have to train your cheek and tongue muscles to hold the denture in place.

It will take time to learn to eat with your new dentures. Start with soft foods and as your confidence increases, widen your diet to maintain healthy nutrition.

Cleaning

Clean denture after each meal by rinsing them in water to wash away food particles then gently brush all surfaces of the dentures with a soft toothbrush and unperfumed mild soap – NOT toothpaste.

When cleaning, hold dentures over a basin of water to avoid breakage. When out of your mouth leave them in water or a special denture cleaning solution. DO NOT USE – hot or boiling, bleaches, detergents, abrasives or strong chemicals.

Day to Day Wearing

We will show you how to properly insert and remove your denture. Your dentures may feel uncomfortable at first and it may take time (up to 6 months) to adjust them. It is important that you remove your denture at night to let the gums rest and avoid wear of the denture.

Problems

If you break or damage your denture, stop wearing it and call us for an appointment – do not attempt to fix it yourself.

Soriness may develop under your denture – if this occurs please call us to have it adjusted. With time, your denture may become loose. We can adjust the fit by relining the denture however in some cases the denture may need to be remade.

Regular Check ups

Regular dental check ups are important for all denture wearers (even if you don't have any teeth!) to examine any remaining teeth, the soft tissues and the fit of the denture.

Dentures do need to be remade periodically.

For further information please contact Avenue Dental.

<http://www.avenuedental.com.au/contact-us/>