Denture Care for the Patient

After initial placement of your denture, you may experience:

* Sore spots – we will adjust at the next appointment
* Tongue and cheek biting – we will adjust at the next appointment
* Speech difficulties – practice speaking in front of the mirror; it may take several weeks to enunciate properly
* Crowded feeling – tongue holds the lower denture in place and at first may seem foreign, but will naturally adapt with time
* Lower denture will always float/lift, but not while eating or regular speaking

Care for your denture:

* Leave your denture out of the mouth for 8 hours/day to allow tissues to rest
  + ALWAYS keep denture in water when outside the mouth
* Some movements may require denture adhesive – laughing, sneezing, coughing, wind instruments, singing
* Food must be cut into smaller pieces

Cleaning your denture:

* Rinse denture after meals, over a bowl of water, with a gentle grip (never palm grip)
  + Use a brush GENTLY – acrylic wears over time
  + Use just water, or add a little bit of soap
* Thorough cleaning
  + Commercial denture cleaners
    - Eg. Polident, Steradent
    - Kill microbes, but poor at removing calculus
  + Home-made cleaners
    - White vinegar in water (1:1) – soak until calculus removed
      * Removes calculus, but not a disinfectant