

## Advice for New Dentures.

This leaflet tells you how to care for your gums and to ensure your dentures are looked after.

- Wearing a denture for the first time can feel very strange but be reassured it will start to feel more 'normal' over time.
- Wear your denture at home to get used to it, and to build up your confidence. If it becomes sore after a few hours, take it out and have a rest from it.
- If you find your denture is too uncomfortable to wear, or is causing ulcers in your mouth, contact the clinic to arrange an appointment with the dentist so that your denture can be adjusted and made more comfortable for you.
- It is advisable to leave your denture out at night, this allows your mouth, particularly the soft tissues of your mouth to have a rest from the denture.
- When you are not wearing your denture, leave it soaking in water, this will prevent it from drying out.
- When you clean the denture use a toothbrush and either denture cream or antibacterial liquid soap, whichever you prefer. It is best to carry out the cleaning of your denture over a bowl of water so that if you drop it, it won't break!
- You may want to use a denture fixative such as Fixodent or Polygrip to help keep your denture secure. To use any type of denture fixative, follow the instructions provided with the product you are using.
- When eating with your new denture start with a reasonably soft diet for a week or two, as your confidence in your denture grows, you can progress to eating slightly tougher, crunchy foods.
- You may notice a change in your speech when wearing a new denture; this is short lived, and will go back to normal within a few days.
- Any concerns, feel free to [contact our reception team](#).

