

Denture Advice for Patients

How long will it take to get used to them?

Most people experience some initial problems with eating and talking in their new dentures, this is expected. Talking gradually improves after a few days. Start eating soft foods initially, and then progress to a normal diet. Sticky foods will give the greatest problems. Expect the dentures to take up to 4 weeks to feel completely normal. It will take longer than this if the dentures are not worn all the time or old dentures are re-used.

Dentures are not fixed like natural teeth and will always have a degree of movement, with use patients will get used to dentures and they will feel more stable after regular use.

How do I look after them?

Clean them thoroughly twice a day by taking them out and cleaning with a special denture brush or large toothbrush. Clean with denture cleanser or gel toothpaste. Frequent use of ordinary toothpaste will lead to wear of the denture and loss of fine detail in the appearance. Leave to soak in water or a denture cleaner – 'Dentural' is recommended. Never use any type of bleach.

My new dentures are sore

It is quite common that sore areas develop on the edges of the new dentures. Please continue to wear them but arrange an appointment to see your dentist as soon as possible, we always try to see patients on the day they phone. This allows the dentist to see the cause of the problem and correct it straight away. It is tempting to take the dentures out and revert to old dentures, however the quicker the problem is resolved, the quicker they will be problem free. Sometimes more than one adjustment is needed, a dentist may be reluctant to take too much off the denture in one go as the retention may be affected.

Do I take them out at night?

It is always best to take dentures out each night and leave them soaking. This allows the teeth and gums to have a break and stops grinding the denture whilst asleep. This reduces wear on the denture and also reduces the possibility of gum disease or tooth decay if you have teeth remaining.

If you choose to wear the dentures at night, then there must be some time that the dentures are left soaking, see instructions on Dentural

I've just had teeth out, what can I expect?

Dentures are immediately fitted so they replace the gap. They will need final fitting and smoothing a few days later after the anaesthetic has worn off. Whilst cleaning the dentures you should rinse the extraction site with salt water or mouthwash. The dentures are cleaned with a firm brush and any debris removed. As the swelling and the extraction site heals the dentures will become more comfortable and gradually fit better. After a few months, the bone shrinks and the shape of the gums change. The dentures gradually lose their good fit and may become loose. Between 6 and 12 months the dentures will need a new base, called relining, to fit better or alternatively a new denture is made. This allows the old set to become spares. This new set should last much longer.

Do I still need regular check-ups?

Six monthly checks are not required if you have no teeth, but the gums can be checked and the dentures assessed for wear every year,

I find it difficult to clean my dentures – any tips?

Clean the dentures over a half filled basin of water so if they drop they will not break. Consider using a Sonic Denture Bath, this vibrates and gently shakes any debris off. Avoid wearing the dentures at night, material builds up more rapidly and stains become more engrained. Special grips can be placed over denture brushes so that they can be held more easily.

I have metal or chrome dentures

Most denture solutions cannot be used with metal dentures because they cause damage or discolouration of the metal. Use a brush and paste as described above and leave soaking in water overnight. Clean your own teeth thoroughly to avoid gum and tooth problems.

Do I need a spare set?

Yes – you have many sets of clothes and most people will be equally embarrassed if they had to eat or talk without the reassurance of dentures. You may be without dentures if they were damaged, lost or being repaired for any reason. Usually an old set can be spare, and many people choose to have them relined so they will fit better.

What other types of denture are available?

There are many types of teeth available, including some that are very natural looking, hard wearing or made of porcelain to match with crowns. Special base materials can be used that are especially impact resistant, or are stained to match pigmented gums. The base of the denture can have special features to make them feel like the original gums such as stippling or palatal rugae.

If you have teeth or are particularly worried about fractures, then hardened bases can be used. If you have any questions, please ask your dentist.