

# Denture Care

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## Maxillofacial

## Patient Information Leaflet

## **Your New Dentures**

New complete or partial dentures will feel strange. You must expect a period of awkwardness while you are getting used to them. They will probably feel 'a bit of a mouthful', but with practice, this feeling should wear off quickly as you learn to control them.

### **Eating**

Eating may be especially difficult with complete dentures, because you have to control the dentures, as well as the food. Don't be discouraged by a few initial failures.

It helps to cut up food into very small pieces. Begin with soft food and avoid very hard foods, as this may break your dentures. Have small mouthfuls of food at a time.

Use both sides of your mouth at the same time when chewing, in a vertical action (up and down, not in a side to side action), to prevent dislodging the dentures.

### **Speaking**

Speaking may also be altered at first with new dentures, but the tongue and lips quickly learn to make small adjustments needed to restore your voice to normal. By practicing reading out loud, you will soon gain confidence with your new dentures

### **Soft Linings**

Rinse your dentures clean after meals with a denture cleaner and an extra soft brush. Do not soak overnight; 10 minutes in a denture cleaner is adequate. Never scrub the soft liner with a hard brush, as this will damage the soft liner.

### **Soreness**

New dentures are fabricated to the shape of your mouth and any new denture is liable to cause a few sore spots. You can discuss any problems with the clinician during your appointment or at your next visit.

To help the clinician find the exact place of the sore spot, wear the dentures for at least one day before the visit. Apart from that, there is no need to struggle with very painful dentures.

Please note: it is normally best to remove your dentures at night, so as to give your mouth / gums time to rest and relax.

### **Cleaning Your Dentures**

It is recommended that you clean your dentures twice a day (and after eating if necessary), so they don't become permanently stained.

First remove any debris from your dentures, by rinsing under cool water.

Always clean your dentures over a bowl of water or a folded towel in case you drop them. Brush your dentures before soaking in a denture cleaner, to help remove any food. Follow the manufacturer's instructions when using the denture cleaner. Using a small headed toothbrush (without toothpaste, because it is an abrasive and will damage your dentures).

Clean all the surfaces of the denture very carefully, including the surface which touches your gums. This is especially important if you use a denture fixative.

There are many types of denture cleaning products - you should always follow the manufacturer's instructions. Soaking can help to remove stains and bacteria, but don't leave for long periods or overnight in these solutions, as they may weaken the dentures.

Do not use any type of bleaching products, as this can make the dentures weak and look unsightly. Do not use very hot water, as this may weaken the dentures and cause them to break. If you have a metal denture, make sure any denture cleaner is suitable for this type of denture. If your denture has clasps, you need to take extra care to avoid damage.

## **If You Break Your Dentures**

Do not try and repair your dentures yourself. Go to your dentist. All dentures are custom made devices and require the expertise of dental technicians to repair them to an exceptional standard.

## **Storing Your Dentures**

Never allow your dentures to dry out. They are designed to work in moist conditions. If they are left out overnight they may dry out. They will need to be kept damp; wrap in damp tissues to keep dentures moist. Store them away from areas where they may be knocked over / broken accidentally.

## **Cleaning Your Mouth**

It is important to visit your dentist every twelve months if possible, even if you don't have any teeth. They not only check teeth, but also the soft parts of the mouth, including the tongue and cheeks. These examinations are important so the clinician can spot any infections, mouth conditions, or even mouth cancer at the earliest stages.

You should brush your mouth twice a day, including the tongue, palate, and cheeks, with a soft brush. This will keep your mouth clean and healthy prior to inserting your dentures, and increase circulation.

## **Obturator Care**

An obturator is the part of a denture that fills a defect in the palate after surgery. It may not be possible for all patients to leave their dentures out at night. Check with your dentist.

Cleaning a denture that has an obturator attached is very similar to cleaning ordinary dentures. Sometimes the obturator bung is attached to the denture and sometimes it can be removed from the denture. These are usually softer and can deteriorate more quickly than the denture.

Removable bungs can be replaced very easily by the dentist and laboratory. Clean the bungs with a soft toothbrush, but avoid prolonged soaking in water or denture cleaner.

## **Dentures After Surgery**

Your mouth may be continuing to heal and change shape. Your clinician may have to adjust your dentures regularly and should be contacted if your mouth is sore. Temporary linings to improve the fit can only be rinsed clean and denture cleaner should not be used on these.

## **Contacting The Maxillofacial Unit**

If you have any problems, please do not hesitate to contact the Maxillofacial Unit Reception on:

(Lancaster) **01524 583413**.

## **Leaflet Details**

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## **Other formats**

If you would like to receive this information in an alternative format, then please contact : 01539 795497.

## **Travelling to our hospitals**

For the best way to plan your journey visit our website: <http://www.UHMB.nhs.uk/> or contact Patient Advice and Liaison Service (PALS): 01539 795497.

## **Useful Contact Details**

NHS 111 (for 24 hour urgent health advice): telephone 111

## **Your Information**

If you would like to know how we use, share, disclose and secure your information and your rights of access to the information we hold about you, visit the Trust's website: <http://www.UHMB.nhs.uk/> or contact Patient Advice and Liaison Service (PALS) on 01539 795497.

## **Evidence**

Details of the evidence used in writing this leaflet are available on request from: Patient Information Officer at 01524 512476.

## **Feedback**

We appreciate and encourage feedback. If you need advice or are concerned about any aspect of care or treatment, please speak to a member of staff or contact PALS on 01539 795497.

UHMBT is a no smoking Trust. Smoking is not permitted on any of the hospital sites. You can contact the NHS North Lancashire Stop Smoking services on the number below:

**NHS Quit Squad - 0800 328 6297**

If you live in Cumbria, please call **0300 013 3000** to find a local pharmacy who are offers 1-2-1 support and nicotine replacement therapy.

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