

Useful information

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**Bridgewater
Community Healthcare**
NHS Foundation Trust

Community Dental Service

Information on how to look after your dentures



Quality first and foremost

Introduction

A clean comfortable mouth is essential for good physical health and general quality of life. This leaflet explains how to look after your mouth if you have partial or full dentures.

New dentures

Your mouth may feel a little strange at first after getting new dentures. This usually settles down after a few days. However, if you get any sore areas in your mouth after this time you should make an appointment to see your dentist.

It is always a good idea to wear your denture for 24 hours before your appointment so the dentist can see where the denture is causing the sore spot.

Partial dentures

It is very important that you look after your remaining natural teeth.

After removing your denture, brush your natural teeth and your gums thoroughly twice a day with a family fluoride toothpaste.

Spit the toothpaste out but do not rinse your mouth with water or use a mouthwash at the same time as brushing. The fluoride in the toothpaste left on your teeth will help to strengthen them.

Leave your dentures out at night; always put them in a container of cold water.



Cleaning dentures

- Always clean your dentures over a bowl filled with water in case you drop them
- Your dentures should be cleaned twice a day and after eating if required. Use a soft toothbrush and normal toothpaste. Follow the manufacturers instructions if using a denture cleaner
- Leave your dentures in cold water overnight
- Do not use bleach as this will damage your dentures.

Remember

- Keep sugary food and drinks to mealtimes to help reduce tooth decay
- Brush your gums, tongue and the roof of your mouth with a soft toothbrush to keep your mouth healthy
- Take your dentures out at night unless your dentist has advised otherwise
- Keep your dentures in cold water when you are not wearing them to stop them from drying out and changing shape. Change the water every day to keep it fresh
- If you are having new dentures made ask your dentist to put your name on them. This is important if you have to stay in hospital as dentures sometimes get lost
- It is important that you see a dentist at least once a year even if you have full dentures. The dentist will look at your whole mouth so that any problems such as infections or mouth cancer can be spotted early
- Any ulcer that lasts for more than two weeks needs to be checked by your dentist regardless of whether you have natural teeth or not.