

Community Dental Service

Information on how to look after your dentures



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.

Do not wear your dentures at night; always put them in a clean container with cold water.

Cleaning dentures

- Always clean your dentures over a bowl filled with water or a folded towel in case you drop them.
- Your dentures should be cleaned twice a day and after eating if required.
- Use a soft bristled toothbrush and a non-abrasive denture cleaner, not fluoride toothpaste. Follow the manufacturer's instructions if using a denture cleaner.
- Make sure you brush all the surfaces of the dentures, including the surface that fits against your gums. This is especially important if you use any kind of denture fixative.
- Soak your dentures every day in a denture-cleaning solution. This will help remove any plaque and stubborn stains that are left. It will also help to disinfect your dentures, leaving them feeling fresher. Always follow the manufacturer's instructions.

- 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 your dentist as often as they recommend 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.
- Always follow manufacturers' instructions when using denture cleansers
- If you have any questions – please ask our staff.

For impartial and confidential advice or information on the services provided by Bridgewater or to receive this leaflet in an alternative format call our Patient Services team on 0800 587 0562.