

Dentures and Denture Care

Everyone has heard the jokes about false teeth, but dentures are a fact of life for many people- and caring for them well is no laughing matter.

Replacing missing or lost teeth with dentures is important, not just for appearance, but also to enable you to speak and eat properly.

What Kind of Denture Can You Have?

A complete or full denture is a set of teeth replacing all the natural teeth in the top and bottom jaw, while a partial denture fills in the spaces where individual teeth are missing.

Will I Take Long To Get Used To Them?

It may take a while to get used to wearing your dentures, especially when eating or speaking. At first, chew with the teeth at the sides of your mouth and start with soft foods cut up small. Before long, you will be able to eat normally. Talking too may take some practice. Read out loud and practice difficult words at home. If the denture slips occasionally, reposition it by biting down. A denture fixative may be necessary. Consult your dentist if the problem continues. Dentures should not make your mouth feel sore. If this happens, your dentist may need to check and adjust the fit.

Should I Wear Them All The Time?

Most dentists suggest you remove them when you are in bed. This gives your mouth a chance to rest. Leave the dentures fully immersed in water so they do not dry out.

Why Do I Need To Clean My Dentures?

Dirty dentures are unattractive and may smell or taste unpleasant. In addition, deposits on your dentures can be harmful to the health of your gums and any remaining teeth you may have.

Deposits on dentures are the same as those that occur on natural teeth and include: food particles, stains, calculus (tartar) and bacterial deposits (plaque). Certain foods and drinks such as tea, coffee and red wine can cause staining, as can tobacco. A denture that has plaque and tartar present will stain more quickly than a denture that is kept clean.

How Often Should I Clean My Dentures?

It is a good idea to develop a regular routine for cleaning your dentures. If you still have some of your own natural teeth, make sure you clean your dentures when you clean your teeth. Whatever type of denture you have, it is best to rinse it after every

meal and remove any debris with a soft brush, a denture cleaner and warm water. You should clean your dentures over a basin half-filled with warm water to minimise the risk of damage if you drop them.



Do I Need A Special Brush To Clean My Dentures?

Brushing is the most essential aspect of cleaning a denture. Soaking a denture in a cleansing solution alone is not enough.

Use a brush (a large toothbrush is fine) to reach into all the crevices of your denture, especially the fitting surface (the part that contacts your gums) and, in the case of partial dentures, inside any metal parts such as clasps.

How Do I Remove Deposits Of Tartar From My Dentures?

Such deposits are less likely if your dentures are always kept clean. However, deposits of tartar (a bit like the 'fur' in a kettle) can be a problem for some people. No commercially available denture cleanser is effective in removing such deposits. This needs to be done professionally by your dentist, or in a dental laboratory, where your dentures can easily be descaled and repolished.

- * Rinse the denture thoroughly after every meal and remove debris by brushing with a soft brush, soap and warm water
- * In the evening, clean your denture thoroughly with a brush and denture cleansing paste
- * Do NOT soak your denture in a hypochlorite type of cleanser (bleach), an acid or household cleaner
- * Remove your denture overnight and leave in cold water. This helps to keep your gums healthy.