

Advice For Patients on Dentures

A patient with false eyes cannot see, a patient with false legs cannot run but many patients expect to look and function, with their dentures, as well as or better than they did with their natural dentition' - Applebaum 1984 Replacing missing/lost teeth with dentures is important not just for appearance but to enable you to eat and speak properly. We will try our hardest to make you a denture that fits well and is functional. However coping with dentures is not easy! Everyone has heard jokes about false teeth, but for many people dentures are a fact of life and are no laughing matter!

What Type of Denture Can You Have?

A complete or full denture is a set of teeth replacing all the natural teeth in the top and/or bottom jaw. It is usually made of acrylic. A partial denture fills the space where individual teeth are missing. These can be made in acrylic or sometimes a combined metal/acrylic approach.

Will I Take Long To Get Used To Them?

Yes! - it may take a while. Perseverance is the key! Eating and speaking can be difficult at first. At first chew with the teeth at the sides of your mouth –soft foods only and cut into small pieces. Before long you will be able to eat normally. Talking may take some practice! Read out loud and practice difficult words at home. Practice with saying the days of the week. If the denture slips occasionally reposition it by biting down. A denture adhesive may be necessary. Consult your dentist if the problem continues. Dentures should not feel sore. If your dentures are still sore/uncomfortable after 2 weeks contact the dentist.

Should I Wear Them All The Time? No, take dentures out at night. Cleaning Your Dentures Dirty dentures are unattractive and could be harmful to your gums and any remaining teeth. Food particles, stains, calculus (Tartar) and bacteria (plaque) can gather just the same as they did on your natural teeth. Certain foods and drinks (e.g. tea, coffee, red wine) and tobacco can cause staining. A dirty denture will stain quicker than a clean one!

- * **Rinse your denture after every meal.**
- * **Brush your dentures every night with a soft brush and a denture toothpaste or liquid soap.**
- * **Clean the dentures over the wash hand basin filled with water to prevent the denture breaking should it slip**
- * **Soak your denture overnight in clean, cold water. For acrylic only dentures you should use a denture cleaner in the cold water. Do not use a denture cleaner for metal dentures**
- * **Rinse and brush your dentures before you put it back in the next morning**
- **Never allow your denture to dry out-always keep it moist For all other problems contact the dental practice (0141-774-3116)**