



Dublin Denture
Clinic

Denture Home Care Advice Sheet

Some useful tips to help you take care of your new dentures and your mouth. If you have any other concerns please feel free to contact us, as we want you to enjoy your dentures to the fullest.

NEW DENTURES: WHAT TO EXPECT

1. It may take some days or weeks to get accustomed to your new dentures. At least, try wearing the dentures while reading quietly or watching TV.
2. Do not eat apples, corn on the cob, or other foods that tend to dislodge the dentures and may cause harm to the weak part of the gums in the front of the mouth. These foods should be cut with a knife and fork and chewed on the back teeth. This will aid in seating the denture. Tearing or biting food off with the front teeth tends to unseat the dentures.
3. If any problem whatsoever arises with your denture, return to your dentist for help. Do NOT attempt to adjust your own dentures. Your dentist's responsibility and obligation ends and the denture may be ruined if you attempt to adjust or repair your own denture.
4. No denture is permanent. Changes will continue to occur in the bones and soft tissues of the mouth. Only your dentist can determine if your mouth is in healthy condition and if new dentures are needed. Return to your dentist at least once a year for regular check-ups and maintenance of your denture.

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018395332 | 0851156018

email: info@DublinDentureClinic.ie

www.DublinDentureClinic.ie



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MOUTH CARE

1. Remove the denture at night when you are ready to sleep. The denture should remain out of the mouth at least 8 hours in each 24-hour period unless your dentist advises you differently.
2. Use a soft toothbrush to massage and cleanse all of the gum tissues which are covered by your denture.
3. Scrub your tongue with a soft toothbrush.
4. After each meal, whenever possible, remove the dentures, rinse your mouth and carefully clean the dentures.
5. Home re-liners and adhesives should strictly NOT be used, unless you have been advised differently.

DENTURE CARE

1. Thoroughly cleanse the inside as well as the outside of the denture using a denture brush and liquid detergent or non-abrasive bar soap. Toothpaste should not be used on the denture.
2. Brush the denture over a basin of water. If the denture should slip and fall, the water will prevent damage to the denture.
3. Soak the denture overnight in a commercial denture cleanser, ie. Sterident. (A substitute cleaner is: 1 teaspoon Milton and 2 teaspoons powder detergent in a cup of tepid water. Never soak a denture that has metal parts in a solution containing Milton or corrosion will occur.)
4. Never let the denture dry out. When it is not in your mouth, it should be kept in a cleaning solution or plain water. Change water or cleansing solutions daily.

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