



Aftercare Instructions: Dentures

Insertion and Removal

Insert your denture in the morning after brushing and flossing. It may require firm pressure to ensure that it is fully seated.

Wear it during the day and always remove it before you go to bed.

Discomfort

New dentures usually feel very alien to begin with, and you may find them difficult to wear and sore initially (like breaking in a new pair of leather boots).

This is especially true if you have had recent tooth extractions and the areas have not yet fully healed.

After 14 days of continued wear, your mouth usually adapts and this discomfort usually subsides. If any discomfort persists after 14 days, contact the surgery as we may need to adjust your denture.

Cleaning and Storage

After removing the denture before bed, brush it with a toothbrush and warm soapy water to remove all saliva, food and plaque. It is also wise to do this after meals if you notice that food is getting trapped around the denture.

Do not use toothpaste as this is too abrasive, and ensure the water is not scalding hot as this may distort the material.

Rinse off the excess soap and store the denture in a cup of clean, cold tap water overnight.

The use of denture-cleansing tablets (eg Sterident, Polident Cleanser) is advisable a few times a week to kill bacteria and ensure the denture remains fresh.

**If you have any questions or concerns, please contact the team on
(07) 5441 3583**