

What if my denture needs repair?



Do not try to repair your denture yourself. Adhesives can also make it impossible for the repair to be done professionally. Repairs must be made by your dental professional.

What if my gums are sore?

It's not uncommon to develop sore spots under your denture, especially when the denture is new.

If you have sore spots under your denture or any pain, phone the dental clinic for an appointment.

To contact your nearest dental clinic please phone
1300 011 013

Tips for a healthy mouth

- Clean your denture daily with a soft brush and soap.
- Brush any remaining natural teeth twice a day with fluoride toothpaste, spit out and don't rinse.
- Remove dentures and soak overnight.
- Drink plenty of tap water and eat healthy snacks and meals everyday.
- Limit sugary drinks and food.
- Seek advice if you notice any changes or sore spots in your mouth.

If you are a smoker think about quitting

Call Quitline
137 848

Go online
www.quittas.org.au

Smokers are more at risk of developing gum disease (also called periodontal disease) and mouth and lip cancer.

Caring for and Cleaning your Denture

Did you know?

A healthy mouth leads to better fitting and longer lasting dentures



Healthy Mouth  Healthy Body

Denture handling

Hold your dentures correctly so you don't break them or drop them during cleaning.

Always hold your dentures gently and without pressure as illustrated below:



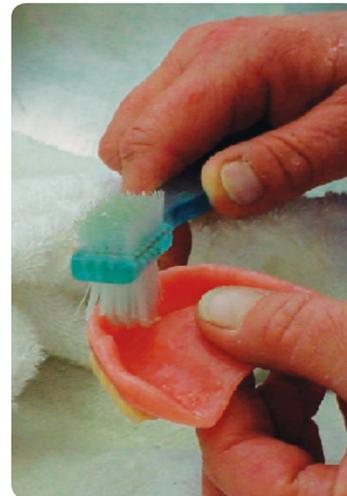
Never hold your dentures this way:



Cleaning your dentures

- Brush your denture twice daily with a soft toothbrush or denture brush and a regular (non-abrasive) toothpaste or mild soap.
- Make sure that you clean all areas of your denture.
- After brushing, rinse your denture thoroughly in cold or warm water.
- Avoid breakage, clean your denture over a towel or sink filled with water.

- Remember, denture wearers still need to clean any remaining teeth, tongue and gums with a separate soft toothbrush.



Why is it important to clean my denture twice a day?

To prevent build-up of food, plaque, tartar and stains.

If you don't this may lead to:

- problems with the appearance of your denture
- mouth odour
- irritation to the gums and tissues under the denture
- mouth infection.

Please note:

General use of commercial denture soaking solutions is not recommended. If you need to soak your denture, the clinician will discuss this with you and provide instructions on the products to use.

Special tips for partial dentures?

- After eating, rinse your mouth and denture.
- Take care not to bend clasps.
- Don't adjust the clasps yourself. Any adjustment must be made by your dental professional.



What should I do at bedtime?

Place your denture in a glass or container of water overnight unless advised otherwise by your clinician. This allows your gums to "breathe" and reduces the chance of infection and inflammation.

