

DENTURES

Whether you have worn dentures for some time or are about to wear them for the first time, you probably have many questions. Here are some commonly asked:

Q Will I be able to eat with dentures?

A Eating will take a little practice. Start with soft foods cut into small pieces. Chew slowly using both sides of your mouth at the same time to prevent the denture from moving. As you become more used to your denture, add other foods until you return to your normal healthy diet.

Q How long should I wear my dentures?

A Dentures should be removed at night before going to bed. This allows your gums to rest and helps promote oral health.

Q Must I do anything special to care for my mouth?

A Even with full dentures, you still need to take good care of your mouth. Every morning and evening, brush your mouth with a soft –bristled brush. This removes plaque and stimulates circulation in the mouth. It is vitally important that partial denture wearers brush their teeth thoroughly every day to prevent tooth decay and gum disease that can lead to further teeth being lost.

Q What will dentures feel like?

A New dentures may feel awkward or even uncomfortable for a few weeks until you become accustomed to them. The dentures may feel loose while the muscles of your cheek and tongue learn to keep them in place. It is not unusual to experience minor irritation or soreness during this period. As your mouth becomes accustomed to the dentures, these problems should diminish.

Q How do I take care of my dentures?

A Dentures are very delicate and may break if dropped. When cleaning dentures it is recommended that you do so over a folded towel or sink of water. When you are not wearing your dentures, they should be stored in a container containing enough water to cover them.

Like natural teeth, dentures must be brushed daily to remove food debris and plaque. Brushing helps prevent dentures becoming stained and helps your mouth stay healthy. There are special denture cleaning brushes available from the dental reception shop. Avoid using hard-bristled brushes, which can cause damage.

The use of a denture cleaner will help remove stubborn stains and leave your denture feeling fresher. We recommend Dentural.

Q Will my dentures need to be replaced?

A Over a period of time, dentures will need to be relined or re-made due to normal wear or a change in the shape of your mouth. Bone and gum ridges can recede or shrink causing jaws to align differently. Loose dentures can cause health problems, including sores and infections not to mention discomfort. A loose or ill-fitting denture can also make eating and speaking more difficult. It is important to replace worn or poorly fitting dentures before they cause problems. **IMMEDIATE DENTURES NEED REPLACING AFTER SIX MONTHS.**

Q How often should I see my dentist?

A Regular dental check-ups and having your natural teeth professionally cleaned are vital for maintaining healthy teeth and gums, most dentists recommend that under normal circumstances this should be done every 6 months. Full denture wearers should visit the dentist usually every six months but at least once a year to maintain oral health.