

## **How to maintain your denture**

Thank you for choosing our dental practice. We endeavour to make dentures for you which are comfortable, functional and aesthetic.

In order to improve the life span of your dentures, we have the following recommendations.

### **Adjustments:**

Once inserted all dentures take a little bit of time to get used to. However if your denture is rubbing against your gum and causing sore spots, please feel free to come in and we can adjust it for you. Adjustment visits would be included in your original treatment plan.

### **Cleaning:**

Before and after wearing your dentures clean them with a tooth brush without toothpaste in a sink partially filled with water. This will avoid any breakages if the dentures do happen to fall in the sink. Once they are cleaned they can be placed in a dry container. Like your natural teeth, dentures also collect plaque and calculus. Once you note these deposits on your denture teeth please let us know and we can clean your dentures for you. Most health funds pay for denture cleaning every 6 months.

### **Soft tissue health:**

Give your gums some rest by removing the dentures at night. If you notice any pain or inflammation of the tissues below the denture please call us and we can help you resolve it. If you notice a white, painful lesion around the gums where the dentures sit please call us as this can indicate infections or trauma on the gums.

### **Implant over-denture maintenance:**

Implant over-dentures have superior retention and restore function to an almost natural level. If you already have one of these dentures, it is extremely important that you maintain hygiene around the implants that are holding your denture in place with regular brushing and flossing around the implants. You also need to clean out the retaining components on the fitting surface of your denture. Six monthly recalls with the hygienist to check the health of the implant is essential.

If the dentures feel loose after some time this indicates that the retaining O-rings need to be changed. Please call us if there are any concerns with the denture.

### **Breakage:**

If your denture has a fracture developing in it, please bring it back to the practice. Please do not throw away any fractured components of the denture as they can very often be reused in the repair process.

Please call the practice if you have any problems or queries at all.

Following these instructions closely will greatly help your comfort and longevity of your dentures