



Peninsula Dental Social Enterprise (PDSE)

Denture Care – General Information

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Policy will be updated as required in response to a change in national policy or evidence-based guideline.

Patient Information Card on Dentures

Getting used to your dentures

- It is not unusual for new dentures to feel large and difficult to control when speaking and eating. The lower denture often feels looser than the upper. This will improve with patience and practice.
- You may notice an increase in the amount of saliva in your mouth but this usually disappears within a few days.
- Your speech may be different at first and lipping is common. This will improve with practice and reading aloud or speaking in front of a mirror can be helpful.
- Try to eat soft, easy to chew foods for the first few days. Food should be cut into small portions and chewed on both sides of the mouth at the same time to help stabilise the dentures.
- Biting into foods like apples is very difficult with dentures as the upper denture is often dislodged. Foods like this should be sliced before eating to help prevent this.
- New dentures may cause areas of soreness. If this persists, remove the dentures and arrange an appointment with the Dental School if you do not already have one. To help the dentist identify the sore area, please make sure you wear the dentures for at least 3-4 hours before the review appointment.

Cleaning your dentures

- Dentures should be cleaned every morning and evening over a sink of water to prevent the denture from breaking if you accidentally drop it. A soft brush and soap or washing up liquid should be used.
- All surfaces of the denture should be visibly clean, paying particular attention to any areas which rest against any teeth. Do **not** use toothpaste as it is quite abrasive and will wear away the surface of the denture.
- When cleaning partial dentures, they should be handled carefully to avoid distorting the clasps that help to hold them in place.

- In addition to cleaning them, dentures can be soaked in an alkaline proprietary cleaning solution such as Steradent or Dentural once a day, following the manufacturer's guidance. If using these cleaners it is important to rinse the denture thoroughly before putting them back in your mouth. Avoid the use of bleaching products as these can weaken your denture.
- If you have a metal denture avoid using corrosive cleaning products as they may cause it to discolour. Always check the manufacturer's instructions first.
- All dentures will get some food underneath them when you eat and they should be rinsed after every meal to remove any debris. Always use cold water as hot water could cause the dentures to distort.

Storing your dentures

It is generally accepted that dentures should be left out at night when you go to sleep. To reduce the risk of damage or warping of your denture it should be placed in cold water.