

What can I expect when I get my dentures?

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English

It can take a while for your mouth to get used to your new dentures.

You may notice the following:

- Dentures may feel bulky in your mouth
- You may have more saliva
- Dentures may move when you eat or speak
- Chewing and biting will feel different
- Food may taste different
- Speaking may be different
- Some discomfort may occur, and this is normal

If you have ongoing problems tell your dental practitioner at your review appointment.

How do I make my dentures last longer?

- Do not soak in hot water or leave in a hot car.
- Never use chemicals such as bleach on your dentures.
- Do not attempt to adjust, modify or repair your own dentures or use glue to fix them – see your dental practitioner.
- Take your dentures out when you sleep or if you play contact sports.
- Treat your dentures with great care. If you drop them they can break!

How do I care for my mouth?

- After meals, rinse your mouth and denture with water to help avoid food build up.
- If using denture glue / adhesive, make sure you remove any leftover residue from your mouth.
- If you have a partial denture, make sure any natural teeth left are brushed twice a day with fluoride toothpaste.

When do I need to see a dental practitioner?

- If you need an adjustment to your dentures. It may take a few visits for your dentures to fit correctly.
- If you break your dentures.
- If you have extreme soreness, leave your dentures out, BUT you must wear them the morning of your review appointment.

- If you have painful, red cracks at the corner of your lips that won't go away.
- If you have soreness or burning, with red/raw areas or white patches (you may have oral thrush).
- If you have red patches or sore areas under where your denture sits.
- If you have any sores in your mouth that don't heal within 2 weeks.

Denture Care

- Clean your dentures in the morning and at night.
- Do this over a sink of water or towel to reduce the risk of breaking if dropped.
- Use mild liquid soap on a soft toothbrush.
- Don't use toothpaste to clean dentures
- Brush all parts of your denture well. Rinse with cold water.
- Clean your gums and tongue using a soft toothbrush and water, in the morning and night.
- Take dentures out before you go to sleep at night. Keep your cleaned dentures in a dry container overnight.

What to eat?

- You may find that it's best to eat soft foods like eggs, yoghurt, fish and cooked vegetables at first and then slowly return to your normal healthy diet.
- There are a few foods that you should avoid when you first get your dentures. These include corn on the cob and nuts.
- Here are a few tips that might help:
- Be careful when eating hot foods, as dentures can make it hard to tell how hot foods and drinks really are.
- Cut your food into small pieces.
- Chew on both sides of your dentures.
- Be careful of small seeds. These can get stuck under your denture and cause discomfort.

Dental services in NSW

NSW Public Dental Services provide free general and emergency dental care for all children under the age of 18 with a Medicare card. Public dental services are free for adults with one of the following Australian Government concession cards:

- Pensioner Concession Card
- Health Care Card
- Commonwealth Seniors Health Card

To make a dental appointment with a public dental service, call: 1800 679 336.

They will ask for your Medicare card details. If you are an adult, you will also need your concession card details.

To find a **private dentist** go to Australian Dental Association - Find a Dentist
<https://www.adansw.com.au/Community/FindaDentist>