

Getting Used to Your Dentures

New dentures take a little getting used to. Most patients find that with a bit of patience and practice, things settle down well within the first few weeks.

Settling in

- It's normal for a new denture to feel bulky at first and to take some getting used to when speaking or eating. The lower denture in particular tends to feel looser than the upper, as it isn't held in place in the same way — this improves with practice.
- You may notice you're producing more saliva than usual for the first few days. This is a normal response and settles down on its own.
- Your speech may sound slightly different to begin with, and some patients notice a 'lisp'. Reading aloud or practising in front of a mirror for a few minutes a day helps this improve quickly.
- Start with soft, easy-to-chew foods, cut into small pieces, and chew evenly on both sides of your mouth — this helps keep the denture stable while you adjust.
- Biting directly into firmer foods (an apple, for example) can dislodge an upper denture. Slice these foods up first rather than biting straight in.
- Some soreness while you adjust is common. If a sore spot doesn't settle, please get in touch and we'll arrange to see you — wearing the denture for 3-4 hours beforehand helps us pinpoint exactly where the adjustment is needed.

Cleaning your denture

- Clean your denture morning and night over a bowl or sink of water, so it isn't damaged if it's dropped. A soft brush with soap or washing-up liquid is all you need.
- Clean every surface thoroughly, especially where the denture sits against your remaining teeth or gums. Avoid toothpaste — it's abrasive and will gradually wear away the denture surface.
- If you wear a partial denture, handle the clasps gently when cleaning so they don't lose their shape and grip.
- A daily soak in a proprietary cleaner such as Steradent or Dentural is a good addition to brushing — follow the product's instructions and rinse thoroughly before wearing it again. Avoid bleach-based cleaners, as these can weaken the denture over time.
- If your denture has metal parts, stick to non-corrosive cleaning products to avoid discolouring the metal — check the manufacturer's guidance, or ask us if you're unsure.
- Rinse your denture after meals to clear away any trapped food, using cold or lukewarm water — hot water can warp the denture.

Storing your denture

- It's best to leave your denture out overnight to give your gums a rest. Store it in cold water to help it keep its shape.
- Never wrap your denture in tissue for storage — it's easily mistaken for rubbish and thrown away.

Any questions?

If anything about your denture doesn't feel right, don't hesitate to get in touch and we'll be happy to help.