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DENTURE CARE INSTRUCTIONS

The dentures will become sore fairly soon after fitting. This is a normal occurrence even for well crafted ones. If you find they are too sore to wear, leave them out and revert to your previous set of dentures. However, please wear them for the two days before coming for your review appointment, in order that Finlay can see precisely where the dentures are rubbing. This will enable accurate adjustment at the review.

New dentures can feel rather loose at first, because you are adapted to the old set. Fortunately, this improves with time as your lips, cheeks and tongue (neuromuscular) control the dentures. This can take from 2 weeks to 6 months. Occasionally some of our patients require denture fixative in order to keep the dentures more secure. This is a very uncommon occurrence. However, it is important to know that this may be necessary.

Dentures are removable mechanical substitutes for missing living tissues and as such will always exhibit a small amount of movement when in the mouth, especially when chewing food.

Initially the dentures will feel strange and bulky in your mouth and will cause a feeling of fullness of the lips and cheeks. The lips will not adapt immediately to the fullness of the denture and may initially present a distorted appearance. Most patients report that this improves with time, however, it is better to refrain from showing curious friends and relatives until you are competent at exhibiting them at their best.

Initially the dentures may cause you to produce more saliva than normal. However, this gradually reduces over time.

Some patients experience difficulties with speech following the fitting of new dentures. In most cases with the passage of time (from 2 week to 6 months) you should be able to adapt to this.

Learning to chew satisfactorily with new dentures usually requires at least 6-8 weeks, and sometimes longer. New memory patterns must be established in order for the muscles of the tongue, cheeks and lips to keep the dentures in position. These muscles must learn what they should and should not do.

All patients with new dentures are different and experiences with new dentures cannot be compared to another person’s experiences.

Careful handling and cleaning of the dentures is required, because they can break if dropped on to a hard surface.

The dentures can be cleaned with liquid soap (washing up liquid) and a medium toothbrush. It is advisable to use a denture cleaning tablet such as Steredent once a day for 20 minutes in lukewarm water. Alternatively, very dilute Milton (1:20) can be used once a day for 20 minutes in cold water.

**If you experience any difficulties at all please do not hesitate to call the practice on 01995 606091**