



About your new dentures

Getting used to your dentures

Your dentist has made these dentures just for you.

The success of your dentures depends now on how hard you try to learn to use and adapt to your new dentures.

Your dentures are not like your natural teeth. They are like an artificial arm or leg. To start with your new dentures may not be as good at chewing and speaking as your natural teeth.

Your new dentures may feel very big and like a mouthful at first. You might look and speak a little differently for a few days as your muscles and mouth adapt to the new dentures.

Speaking or reading out loud will help. Your dentures will feel better the more you wear them.

Don't wear them at night

You should try to wear your dentures all the time for the first 24 hours. After this it is best to leave your dentures out at night unless your dentist has told you not to.

Leaving the dentures out gives your gums a rest.

Keep your dentures dry when not in use

Keep your dentures in a dry safe place when they are not in your mouth.

When not wearing your denture keep dry to stop bacterial and fungal growth.

DON'T keep your new dentures in water.

What if your denture breaks?

DON'T try to fix them yourself. Any type of glue can damage your dentures beyond repair.

Please contact your dental clinic for advice if you chip or break your denture.

How long will your dentures last?

Dentures can last many years, but they need to be checked to make sure they still fit properly and your gums and any natural teeth are still healthy.

Remember to visit your dentist from time to time to check that your mouth remains healthy and the dentures fit correctly as your gums can be damaged by badly fitting dentures.

How and what to eat

- Practice with soft foods first.
- Cut your food into smaller pieces and chew using both sides of your dentures.
- Don't eat sticky foods at first until you are good at chewing with your dentures.
- Don't bite into foods with your front teeth as this will push your dentures out of place. Cut food up and chew with your back teeth.

Sore spots

You may get some sore spots. This happens with nearly all new dentures but they can be adjusted by your dentist.

If you get sore spots, don't put up with pain. Call your clinic for an appointment and your dentist can help.

It is easier for your dentist to see the sore spots if you wear your dentures for a few hours before your appointment.

How to keep your dentures clean

- Clean dentures after every meal with a soft toothbrush and ordinary soap.
- Do not use toothpaste, antiseptics, household cleaners or bleach.
- Use cold or lukewarm water as hot water will damage dentures.
- Hold dentures over a sink partly filled with water, or with a cloth in the basin. This will stop your denture breaking if dropped in the sink.
- Remember to brush every side and surface of your denture.
- Don't brush too hard as this can damage your denture.
- With partial dentures, do not forget to clean any metal parts.
- Over-the counter denture cleaners can be used once or twice a week if you wish.
- If tartar or stain collects on your dentures, your dentist can help clean it off.
- Don't forget to clean any remaining natural teeth you still have.
- Remember to brush your gums to keep them healthy and better at supporting your dentures.



For further information please discuss with your dental practitioner

Would you like more information or to provide feedback?

This document can be made available in alternative formats such as braille, audio tape or electronically on request.

Communications Officer, Dental Health Services
Locked Bag 15, Bentley Delivery Centre, WA 6983

publications@dental.health.wa.gov.au



(08) 9313 0555



www.dental.wa.gov.au

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