



CONCORDIA  
*dental healthcare*

## Dentures

Dentures are plastic plates with teeth on them, fitted when teeth have been removed. They may be fitted immediately when teeth have been removed (i.e at the front of the mouth where a gap would be unsightly). Immediate dentures are usually a short-term solution used briefly before crown/bridgework or implants are placed.

When your teeth have been removed and your denture fitted, you need to keep the denture in for 3 days and 3 nights. If you take the denture out for a long period in this time you may have difficulty putting it back in again as your mouth and gums will be swollen and tender. You can take Paracetamol or Ibuprofen to relieve the tenderness if required. The amount of tenderness and swelling differs from person to person.

After 24 hours you can have warm salt water mouthwashes to help the gums heal, but do not swill the salty water around, just try to hold it over the area for as long as possible.

If this is the first set of dentures you have had, you will find them rather bulky and uncomfortable for a few weeks or even a month, and you will find that your speech is affected, particularly “S” sounds, but as you get used to the new shape of your mouth, you will learn to speak normally again.

Be very careful when eating after your dentures have been fitted, for the first day try to eat only soup and very fluid foods, and for at least a few days try to eat only soft foods (mashed potato, soft rolls etc) as you will be getting used to the idea of chewing between dentures, you will always have a reduced chewing ability when compared with natural teeth. Small amounts of food should be taken at a time and an attempt made to chew on both sides.

## Immediate dentures

Immediate dentures are only a temporary measure and you should expect to have them relined within the first 6 months to a year where the gums have changed shape after the teeth have been extracted and replaced after a few years. They also tend to move on the gums, this will always be much more noticeable to you than to other people.

If Additions are required to a denture, it is never the same as if the tooth had been made at the same time as the denture, especially if added to a metal denture. You will find that the added tooth or teeth will sometimes come off, if this happens we will have to involve the technician again and therefore will have to charge for this service. However if the tooth or teeth come off within 1 month of their addition, we will refit them at no extra charge.



## Complete Dentures

Complete Dentures may be satisfactory for up to 5 years. However, your mouth and dentures should be examined every 12 months by your dentist so that he may ensure that no injury has occurred that could make denture wearing difficult in later years.

## Care of Dentures

Your new dentures should give you some years of useful service, but they can be damaged if care is not taken.

Dentures should not be worn at night after the first 3 days of obtaining them unless for some special reason you have been asked to wear them. When not in the mouth keep the dentures in your denture bath in cold water to prevent them drying out.

The cleaning of your denture should be carried out daily with a little toothpaste and a toothbrush over a basin filled with water. Denture cleaners can be used if the manufacturer's instructions are followed precisely.

Never use harsh household cleaners, bleach etc.  
Never attempt to adjust the denture yourself.

Any other problems should be addressed at your follow-up appointment if needed.

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