



Information on how to look after your new dentures

What to expect and what to do:

- Hygiene
 - Dentures must be left out of the mouth at night time to allow gum tissue to rest. You don't wear your shoes all day and night. It makes sense to do the same for your dentures. Also, the denture should be left out to avoid choking hazard while sleeping.
- Cleaning
 - Rinse your mouth and wash your dentures after every meals.
 - At night
 - Brush off any food with a toothbrush. Toothpaste should **NOT** be used.
 - Rinse the dentures with soapy water. Simply use the hand soap next to your sink. Make sure you clean off any saliva on your dentures.
 - Leave the dentures in a glass of water overnight.
 - Once a week
 - Soak the dentures in a glass of water with a denture cleaning tablet or add some lemon juice into the water. Household bleaches are not recommended. Harsh chemicals may damage your dentures.
- Denture adjustment
 - Getting a new set of dentures is like wearing a new pair of shoes. It takes some times to get used to. If there are sore spots around your mouth, please persist with using the dentures. The more problems you find out about the dentures, the more we can help you to adjust in one go. If you cannot tolerate having the dentures in your mouth, it's ok to leave it out.
 - Dentures **MUST** be worn in the mouth one whole day before a denture adjustment appointment. This includes wearing the dentures to bed overnight. It's a lot more accurate to adjust the dentures when we can see the rubbing spots in your mouth.

If you have any questions please do not hesitate to call the clinic at (03) 9908 2138.

KIND REGARDS,

Supa Dental Team