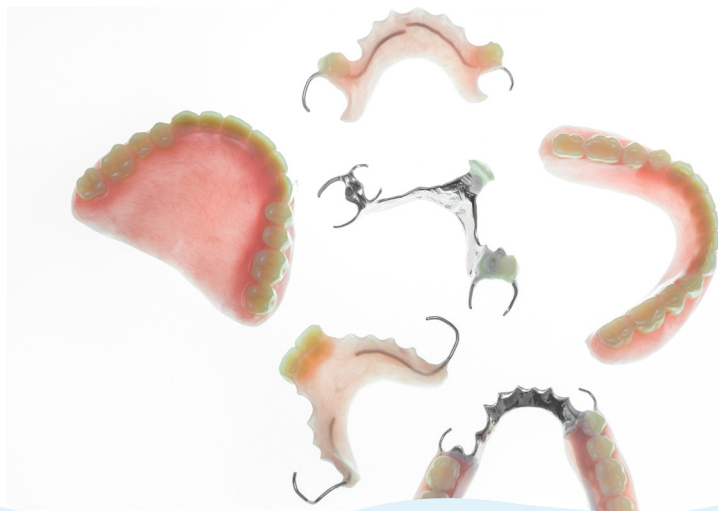


Dentures

Information for you



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Steps for good oral health:

- Keep sugary snacks and drinks to mealtimes (rinse dentures after meals)
- Brush teeth twice a day using 1450ppm fluoride toothpaste (use Dentucreme or mild/unperfumed soap to clean dentures)
- Visit the dentist regularly (even if you only have dentures)

The main reason for wearing dentures is to replace missing or lost teeth so you can enjoy a healthy diet and smile with confidence.

Dentures are made of either acrylic (plastic) or metal.

A complete or full denture replaces all natural teeth in either the upper or lower jaws.

A partial denture fills in the spaces left by missing or lost teeth.

Sometimes dentures can be fitted straight after your teeth have been removed. These are called immediate dentures.

Eating with dentures can be difficult – start with small pieces. As you become more used to your denture add other foods until you get back to your normal healthy diet.

Saying certain words may also be difficult. Reading out loud and repeating difficult words will help.

You can use denture fixative if dentures are loose and don't fit well. This should only be a short term solution. If you need fixative every day you should contact your dentist and consider replacement dentures.



Caring for your mouth

Brush your gums, tongue and roof of your mouth every morning and evening with a moist, soft bristled brush. This removes plaque and helps the circulation in your mouth.

If you wear partial dentures, it is important that you remove the dentures and thoroughly brush your natural teeth twice a day using 1450ppm fluoride toothpaste.

Rinsing with alcohol-free fluoride mouthwash also helps to keep your mouth feeling fresh but this should be done at a different time from toothbrushing.

Caring for your dentures

Where possible, rinse your dentures after every meal to remove pieces of food that may be stuck in your mouth. Dentures can be fragile and easily broken, so it is best to clean them over a soft surface or basin of water in case you drop them.

Brush dentures with a denture cleaner or mild unperfumed soap and water and not toothpaste. Use a toothbrush or denture brush and rinse well. Make sure you brush all surfaces of the dentures, including the surface which fits on your gums. This removes plaque and pieces of food.

Use a dilute sodium hypochlorite solution (such as Milton) to soak your dentures overnight or for at least

20 minutes, before rinsing and leaving in plain water for the rest of the time. This helps to remove bacteria and also allows the soft tissues of the mouth to rest. This also reduces the chance of mouth infections such as oral thrush.

Soak metal dentures in chlorhexidine mouthwash or antiseptic mouthwash (such as Corsydl), as soaking in sodium hypochlorite will cause the metal to discolour.

It is recommended that you visit the dentist at least once a year even if you have no natural teeth. This allows the dentist to check your tongue, cheeks and soft tissues and to make sure your dentures fit correctly and for any abnormalities (such as mouth cancer).

Sometimes denture wearers will develop ulcers or infection. This can be caused by poor fitting dentures or poor oral hygiene, but if it continues for more than two to three weeks you should contact your dentist for advice.



How to Use Denture Fixative

- Make sure your denture is clean and dry. Put a small amount of denture adhesive cream onto it (you should only need to do this once a day).
- Put the denture into your mouth and firmly close the mouth for a couple of seconds. If the adhesive cream overflows you have used too much. Remove any spare adhesive, don't swallow it. Don't eat or drink anything for five minutes.
- Before you sleep, take your denture out. Clean the denture and the inside of your mouth thoroughly to remove any adhesive.
- Ask your dentist for a regular appointment so they can check your mouth and dentures.

Simple steps on how to apply a Denture Adhesive



USE A SMALL AMOUNT
OF DENTURE ADHESIVE

*Once a day: Put a small
amount of denture adhesive
onto a clean and dry denture*



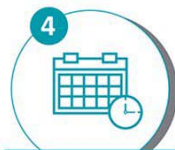
PUT DENTURE INTO
YOUR MOUTH

*Put the denture into your
mouth and close firmly for
a few seconds*



LEAVE YOUR DENTURES
OUT AT NIGHT

*Every evening, clean the
denture and the inside of your
mouth thoroughly to remove
any adhesive*



VISIT YOUR
DENTIST REGULARLY

*Ensures your mouth
remains healthy*

An easy routine to help aid your denture experience

With thanks to the Oral Health Foundation for the graphic.

If you have any concerns please contact your own dentist first

or

the **Dental Advice Line** for urgent care or advice on weekdays, 8.30am to 6pm 01292 616990

or

NHS 24 for dental emergencies out-of-hours 111

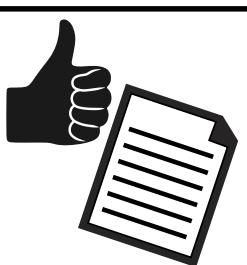
A list of NHS dentists who are available for patients to access can be found on our NHS Public Website page – see front of page of this leaflet for details

For other oral health leaflets contact the Oral Health Improvement Team on
oralhealthimprovementteam@aapct.scot.nhs.uk

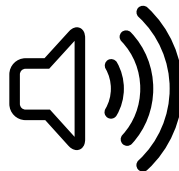
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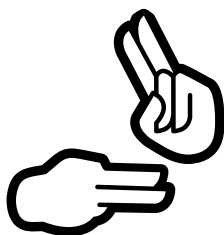
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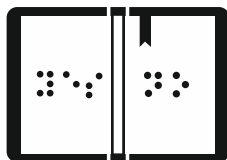
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