

## When to contact us

- If you develop soreness under your dentures, but you can still wear them, please try to keep them in and make an appointment as soon as possible with your dentist so that your dentures can be adjusted.

If you need to keep your dentures out of your mouth due to soreness please make sure you wear your dentures again for at least 3-4 hours before your dental appointment, otherwise it may be difficult for the dentist to find the sore areas easily.

- After your initial follow-up appointment it is important that your dentures and your mouth are checked again after **six months**. Your gums may shrink and change and your dentist will be able to adjust and/or relines your dentures accordingly. They will also check the general health of your mouth. **You will then need to see your dentist as often as they recommend.**

## Help us get it right

If you have a complaint, concern, comment or compliment, please let us know by speaking to a member of staff or contacting us. We learn from your feedback and use the information you provide to improve and develop our services.

If you would like to talk to someone outside the service contact the **Patient Experience Team** on **0113 220 8585**, Monday to Friday 8.30am to 4.30pm or email **lch.pet@nhs.net**

## Contact us

### Community Dental Service

Admin office  
St George's Centre  
St George's Road  
Middleton  
Leeds LS10 4UZ

Tel: 0113 392 9875  
Open Monday to Friday, 8.30am to 12.30pm  
then 1.15pm to 4.45pm (excluding bank holidays)

**We can make this information available in Braille, large print, audio or other languages on request.**



Leeds Community  
Healthcare  
NHS Trust

## Community Dental Service



## Advice for patients with new dentures

## Your new dentures

Your new dentures may feel big at first. Speaking and eating may be awkward and you may feel there is more saliva in your mouth than usual. All this will last just a few days, but it may take three to four weeks before you are really comfortable with your dentures. For the first few days of wearing it is advised that you eat softer foods and cut your food into small pieces chewing with your back teeth on both sides at once.

For the first week you need to wear your dentures day and night, remembering to only take them out to clean (twice a day). If your dentures were fitted immediately after extractions you should wear them continuously for the first 24 hours before you start taking them out to clean as above.

## How to remove and clean your dentures

1. We recommend removing your dentures over a sink or bowl full of luke warm water, this way your denture won't break if you accidentally drop them.

*To remove upper dentures:* place your thumb on the palate of the denture and your finger between the top ridge of the denture and your cheek. Press down gently where the denture meets the gums. The denture should start to loosen, you can then gently pull it down and out.

*To remove lower dentures:* place your thumb and fingers on either side of the denture and gently rock them, carefully pulling to loosen then then slowly lift out.

Don't ever use anything other than your fingers (not even your nails) to remove your dentures as this could cause injury. Practice makes perfect so you'll soon work out how to remove dentures easily and safely.

2. With a soft bristled brush, soap and water, gently brush the dentures all over to ensure all food and any fixative is removed.
3. With a different toothbrush gently brush the gums and roof of the mouth. Any remaining natural teeth should be brushed twice a day with a fluoride toothpaste.
4. If you had your dentures fitted immediately after extractions it's recommended that, whilst cleaning your dentures, you rinse your mouth with a mouthwash made from a teaspoon of salt mixed into a glass of warm water for the first week.
5. After the first week you can leave your dentures out overnight to allow your gums to rest. After cleaning you must place them in water or a denture cleaning solution, dentures must be kept moist when they are not been worn. If allowed to dry out they can lose their shape and crack.

## Key points

- Be patient, it will take a while for you to get use to your new dentures.
- Eat softer foods for the first few days.
- You **MUST** wear your dentures day and night for the first week.
- If your dentures were fitted immediately after extractions you **MUST** wear them continuously for the first 24hrs. It is also recommended that when you start to remove them for cleaning you rinse your mouth with a salt water solution.
- Take care when removing and cleaning your dentures.
- You **MUST** clean your dentures, mouth and any remaining natural teeth twice a day.
- **DO NOT** place, or wash, your dentures in boiling water.
- **DO NOT** leave your dentures to dry out. If they are not in your mouth they should be in water or a denture solution.
- **DO NOT** use household cleaners to wash your dentures.
- **DO NOT** lend your dentures to anyone. They were specifically made just for you and your mouth.
- Continue to visit your dentist regularly.