

Congratulations on receiving your new dentures!

Please note the following instructions to ensure you have a trouble-free experience:

1. It is quite normal for it to take a few weeks/months to adjust to your new dentures. During this phase, you may need to come in for adjustments.
2. Clean your dentures daily using a soft toothbrush and liquid dishwashing detergent. Do **NOT** use toothpaste – it is abrasive and will scratch your dentures.
3. It is best to clean your dentures over a towel or a sink full of water as this can prevent the denture breaking if it slips out of your hands.
4. It is very important to leave your dentures out at night to allow your gums to rest.
5. Do **NOT** let your dentures dry out – they can distort and not fit anymore. If leaving them out for an extended period, eg overnight, place them in a glass of water.
6. To help maintain your dentures and oral health, it is important to have regular visits to your dentist.

If any of the following occur please call the surgery on **4655 3705** for assistance:

- Sore spots or the denture rubbing on the gums for more than 3 days
- You chip your denture or it breaks/cracks – please do not try to fix or glue the dentures yourself, otherwise it may be more expensive to repair.

