

What can I expect when I get my dentures?



Brush your teeth morning and night



Eat more fruit and veges



Choose water as a drink



Have regular dental check-ups

It can take a while for your mouth to get used to your new dentures.



You may notice the following:

- Dentures may feel bulky in your mouth.
- You may have more saliva.
- Dentures may move when you eat or speak.
- Chewing and biting will feel different.
- Food may taste different.
- Speaking may be different.
- Some discomfort may occur and this is normal.
- **If you have ongoing problems tell your dental practitioner at your review appointment.**

How do I make my dentures last longer?

- Do not soak in hot water or leave in a hot car.
- Never use chemicals such as bleach on your dentures.
- Do not attempt to adjust, modify or repair your own dentures or use glue to fix them – see your dental practitioner.
- Take your dentures out when you sleep or if you play contact sports.
- Treat your dentures with great care. If you drop them they can break!

How do I care for my mouth?

- After meals, rinse your mouth and denture with water to help avoid food build up.
- If you have a partial denture, make sure any natural teeth left are brushed twice a day with fluoride toothpaste.
- If using denture glue / adhesive, make sure you remove any leftover residue from your mouth.



When do I need to see a dental practitioner?

- If you need an adjustment to your dentures. It may take a few visits for your dentures to fit correctly.
- If you break your dentures.
- If you have any sores in your mouth that don't heal within 2 weeks.
- If you have red patches or sore areas under where your denture sits.
- If you have soreness or burning, with red/raw areas or white patches.
- If you have painful, red cracks at the corner of your lips that won't go away.
- If you have extreme soreness, leave your dentures out, BUT you must wear them the morning of your review appointment.



Denture Care



Clean your dentures in the morning and at night.

Do this over a sink of water or towel to reduce the risk of breaking if dropped.



Use mild liquid soap on a soft toothbrush.

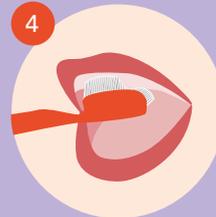


Don't use toothpaste to clean dentures



Brush all parts of your denture well.

Rinse with cold water.



Clean your gums and tongue using a soft toothbrush and water, in the morning and night.



Take dentures out before you go to sleep at night.

Keep your cleaned dentures in a dry container overnight.



What to eat?

You may find that it's best to eat soft foods like eggs, yoghurt, fish and cooked vegetables at first and then slowly return to your normal healthy diet.

There are a few foods that you should avoid when you first get your dentures. These include corn on the cob and nuts.

Here are a few tips that might help:

- Be careful when eating hot foods, as dentures can make it hard to tell how hot foods and drinks really are.
- Cut your food into small pieces.
- Chew on both sides of your dentures.
- Be careful of small seeds. These can get stuck under your denture and cause discomfort.

Dental services in NSW

NSW Public Dental Services

provide free dental to adults who have a Medicare card and either hold or are listed as a dependent on a valid Australian Government concession card.

Public Dental Services are free for children under 18 years old with a Medicare card. Parents or guardians must sign a Child Dental Benefits Schedule (CDBS) Bulk Billing Patient Consent Form. If a child is not eligible for CDBS or has already used their benefit, care is still provided at no cost.

To access NSW Public Dental Services call: 1800 679 336 or go to www.health.nsw.gov.au/dental

If you need an **Interpreter Service** call 13 14 50.

Some **Aboriginal Community Controlled Health Organisations** (ACCHO) provide dental care for their community. Each ACCHO may have different eligibility criteria and appointment processes for their dental programs. For more information go to www.health.nsw.gov.au/aboriginal/pages/contact.aspx

To find a **private dentist** go to www.ada.org.au

