

CASTLE DENTAL CARE
We'll take care of you

Our Mission Statement:

*“Our aim is to deliver
the highest standard
of care in a
comfortable and
friendly
environment.”*



Leaflet revised 24/6/10

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Opening Hours

Monday 9am - 5.30 pm
Tuesday 9am - 5.30pm
Wednesday 8.30am - 5.00pm
Thursday 8.30am - 5.00pm
Friday 8.30am - 4.30 pm

Wheelchair access available



Introduction to.....

New Dentures



You have just had your new dentures and they probably feel a bit strange. Modern dentures are so well designed you will get used to them very quickly.

This leaflet is designed to give you the most up to date information on how to care for your dentures and your mouth following fitting by your Dentist.

If these are your first dentures you are probably unaware of the "Do's and Don'ts of denture care.

- ◆ DO cut food into small pieces and only put small amounts into your mouth.
- ◆ DO learn to chew with your back teeth before learning to bite with your front teeth.
- ◆ DO practice with non-sticky foods before trying to eat tough fibrous or sticky foods.
- ◆ DO remove your dentures before attempting to clean them.
- ◆ DO clean your dentures over a bowl of water, this will act as a cushion should you drop them accidentally.
- ◆ DO use a medium textured toothbrush, with a gentle circular movement, not side to side, and make sure you clean every surface thoroughly.

- ◆ DON'T clean your dentures in bleach, and don't be tempted to use abrasive household cleaners. These will damage your dentures.
- ◆ DON'T leave your dentures out of water, they will dry up and may distort.
- ◆ DON'T put them in very hot water, they may warp.
- ◆ DON'T worry if your speech sounds a little funny at first, this is to be expected. Practice reading aloud and it will soon return to normal.

Sometimes a little denture fixative paste or powder will make your dentures feel more secure and will give you extra confidence to begin with.

If you wear partial Dentures, special consideration should be given to the natural teeth adjoining the dentures.

- ◆ ALWAYS remove your dentures before cleaning your natural teeth.
- ◆ Sometimes the natural teeth may suffer from areas of gum shrinkage, known as recession. These areas should always be cleaned very carefully as the root surface can be very prone to decay, especially as the denture may have clasps which will trap food against the tooth surface.
- ◆ BRUSH your teeth twice a day using a gentle circular motion pointing the bristles of your toothbrush towards the gumline.
- ◆ DON'T forget the teeth which stand on their own or isolated teeth at the back. These should be carefully cleaned on all four sides and the biting surface.
- ◆ ALWAYS try to rinse the mouth after eating and if possible remove the denture and rinse it under the tap to remove food particles that may get trapped.



At first your dentist may advise you to leave your dentures in at night so you will get used to them.

This is OK to begin with. When you do feel perfectly happy with them, remove your dentures at night.

We advise leaving your dentures out at night so your mouth can have a rest and your palate can benefit from a little fresh air.

Sometimes infections can occur if your dentures are left permanently in place. If ever you are worried about anything unusual in your mouth consult your Dentist.

Don't forget even though you have dentures you still need to visit your dentist regularly for a check-up.

Every 12 months if you have natural teeth, and
Every 12 - 24 months if you have full dentures.

Denture Cleaning.

1) Brush with a soft scrubbing brush or denture brush using a denture cleaning paste or soap.

2) Leave in soak overnight (for plastic dentures) or for 20 minutes (If the denture contains metal parts) in a hypochlorite cleaner (Dentural) This will help to kill any bacteria left on the denture surface.

NEVER USE BLEACH.