

Denture Care and Information at Core Dental

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Description:

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Details:

Dentures are a trusted and well-established solution for patients who have lost some or all of their teeth. Modern dentures are more comfortable, more natural-looking and more functional than ever before. With the right care and maintenance, dentures can serve you well for many years.

At Core Dental, part of the Smile Solutions Group, our experienced dentists provide both complete and partial dentures tailored to your mouth, your bite and your aesthetic goals. This guide covers everything you need to know about living with dentures, including care instructions, what to expect when adjusting to new dentures, and how to handle common issues.

Call us on **13 13 16** or visit coredental.com.au for appointments and enquiries.

Types of Dentures

Complete Dentures

Complete dentures (also called full dentures) replace an entire arch of missing teeth, either the upper teeth, the lower teeth, or both. They rest directly on the gum tissue and are typically held in place by suction (upper dentures), muscular support and the shape of the ridge (lower dentures), or denture adhesive.

Complete dentures are made after any remaining teeth have been removed and the gums have healed. In some cases, immediate dentures are fitted on the same day as extractions, to avoid a toothless period; these typically require adjustment as the gums heal and reshape over the following weeks.

Partial Dentures

Partial dentures replace one or more missing teeth in an arch where some natural teeth remain. They are designed to fill gaps, improve chewing function and prevent remaining teeth from drifting.

Partial dentures can be:

****Acrylic partial dentures:**** The most affordable option, using an acrylic (plastic) base with clasps that grip onto adjacent natural teeth. Suitable as a transitional or long-term solution.

****Chrome cobalt (metal-based) partial dentures:**** A stronger, thinner and more comfortable option using a lightweight metal framework. Chrome cobalt dentures are more durable and generally more comfortable to wear long-term.

****Flexible (Valplast) partial dentures:**** Made from a thermoplastic material that is more flexible and comfortable than acrylic. Particularly useful for patients who find metal clasps aesthetically unacceptable, as flexible dentures can blend with the gum tissue.

Your dentist at Core Dental will advise which type of denture best suits your clinical situation and lifestyle.

Cleaning Your Dentures: The 5-Step Process

Proper daily cleaning is essential to maintain the hygiene, appearance and longevity of your dentures. Dentures accumulate plaque and calculus just like natural teeth, and poorly maintained dentures can harbour bacteria and fungi that cause gum irritation and bad breath.

****Step 1: Remove and Rinse**** After each meal, remove your dentures and rinse them under running water to remove loose food debris. Handle dentures carefully over a folded towel or basin of water; they can break if dropped on a hard surface.

****Step 2: Clean Your Mouth**** Before cleaning the dentures, gently clean your gums, tongue and the roof of your mouth with a soft toothbrush or damp cloth. This removes bacteria and stimulates gum circulation. If you have remaining natural teeth, brush and floss them as normal.

****Step 3: Brush the Dentures**** Using a soft-bristled denture brush (not a regular toothbrush, which can be too abrasive) and a non-abrasive denture cleanser or mild liquid soap, gently brush all surfaces of the denture, including the fitting surface that contacts your gums. Avoid:

- Regular (fluoride) toothpaste, which is abrasive and can scratch denture surfaces, creating microscopic grooves where bacteria accumulate
- Stiff-bristled brushes
- Bleach-containing products (for metal-containing dentures; bleach can corrode metal components)

****Step 4: Soak Overnight**** Dentures should be soaked in a denture-cleaning solution or plain water overnight when not being worn. This keeps them hydrated (dry dentures can warp) and allows overnight bacterial reduction.

****Denture soaking solution:**** Effervescent denture tablets dissolved in water are an effective overnight soaking option. Follow the product instructions.

****Do not soak metal (chrome cobalt) dentures in bleach-based solutions**** as these corrode the metal framework.

****Step 5: Rinse Before Reinserting**** Before putting your dentures back in, rinse them thoroughly under running water to remove all traces of soaking solution, as these can irritate gum tissues.

Overnight Storage

Most dentists recommend removing dentures at night to give the gum tissues a rest. Continuous denture wear does not allow the gums to breathe and recover, and can contribute to gum soreness and soft tissue changes over time.

Store dentures in a clean container filled with water or denture-soaking solution. Ensure the container is out of reach of children and pets.

Never store dentures in hot water, which can warp the acrylic.

Adjusting to New Dentures

Getting used to new dentures takes time and patience. Most patients find that it takes several weeks before dentures feel truly comfortable and natural.

What to Expect

****Bulk and pressure:**** New dentures may feel bulky and strange in the mouth. Your tongue, lips and cheeks need time to adapt to the new shapes. This is normal.

****Speech:**** You may notice changes to your speech, particularly with sounds like s and f. Practising reading aloud helps most people adapt quickly. Speech typically returns to normal within two to four weeks.

****Eating:**** Begin with soft foods cut into small pieces. Chew slowly, using both sides of the mouth simultaneously to distribute the load evenly and prevent the denture from tipping. Gradually introduce firmer foods as you gain confidence.

****Saliva:**** You may initially produce more saliva than usual. This is a normal response to the new appliance in the mouth and settles within days.

****Gagging:**** Some patients, particularly those with upper dentures, may experience a mild gag reflex initially. This typically resolves as you adapt.

****Soreness:**** Some soreness of the gums is expected in the first few weeks as the dentures settle. Return to Core Dental for adjustments if sore spots develop; do not try to adjust the dentures yourself.

Sore Spots and Adjustments

Even well-fitted dentures may cause occasional sore spots as gums change shape, particularly in the weeks following tooth extractions. Sore spots are areas where the denture is exerting excessive pressure on a specific point of the gum.

If a sore spot develops: - Contact Core Dental on ****13 13 16**** for an adjustment appointment - Do not attempt to grind or adjust the denture yourself, as incorrect adjustments can worsen the problem and damage the denture - If an appointment is not immediately available, remove the denture for several hours before the appointment so the dentist can identify the pressure point

Multiple adjustment appointments are normal and expected with new dentures, particularly immediately after extractions when the ridges are changing shape most rapidly.

Tartar Removal

Like natural teeth, dentures can accumulate calculus (tartar) over time, particularly if not cleaned thoroughly every day. Calculus on dentures appears as white, cream or brown deposits that cannot be removed by brushing alone.

****Homemade calculus removal:**** Soaking the denture in a solution of equal parts white vinegar and water for 30 minutes can help soften and loosen calculus deposits. Gently brush afterwards. This is safe for acrylic dentures.

****Professional cleaning:**** For significant calculus build-up, bring your dentures to Core Dental for professional ultrasonic cleaning. This is recommended at least once or twice per year alongside your routine dental visit.

Damaged Dentures

Dentures can crack, break or have a tooth become dislodged as a result of accidental drops, biting on hard objects or general wear and time.

****If your denture breaks:**** - Do not attempt to repair it with superglue or household adhesives. These products can warp the acrylic, prevent a proper professional repair and may introduce toxic compounds into contact with your mouth tissues. - Contact Core Dental on ****13 13 16**** as soon as possible - Depending on the extent of the damage, same-day or next-day professional repair may be possible - In some cases, a new denture may be necessary if the damage is extensive or if the denture is significantly worn

****Preventing damage:**** - Always handle dentures over a soft surface - Never bite hard foods directly into the front teeth of a denture - Store dentures carefully when not in use

Denture Lifespan and Renewal

Dentures typically need to be relined, rebased or replaced every five to seven years, even with excellent care. This is because the underlying jaw ridges change shape over time (bone resorption), causing dentures to become progressively looser and less well-fitting.

Signs that your dentures may need attention: - Dentures feel looser than they used to - Increased use of denture adhesive to keep them in place - Difficulty chewing that was not present when the dentures were new - Visible wear on the teeth of the denture - Sore spots appearing that were not previously an issue

Regular dental check-ups at Core Dental allow us to monitor the fit of your dentures and the health of your gum tissues and any remaining teeth.

Implant-Retained Dentures

For patients who want more stability and confidence from their dentures, dental implants can be used to anchor and stabilise a denture. Implant-retained dentures clip onto dental implants placed in the jaw, providing significantly more retention and reducing the rocking and movement of conventional dentures.

Implant-retained options are available at Core Dental. Speak to your dentist to find out if you are a candidate.

Book Your Denture Consultation

Core Dental operates across 7 locations, expanding to 9. To book a consultation to discuss dentures or to have existing dentures assessed or adjusted, call ****13 13 16**** or visit coredental.com.au.

As part of the Smile Solutions Group, Core Dental combines accessibility and convenience across multiple locations with the clinical resources and expertise of a leading dental group. Our experienced dentists will ensure your dentures serve you comfortably and reliably for years to come.

How to Clean Your Dentures: A 5-Step Guide

Keeping your dentures clean is essential for maintaining your oral health, preventing bacterial build-up, and extending the life of your dentures. Follow these five steps to keep your dentures in excellent condition:

Step 1: Remove Your Dentures

Clean your dentures in the morning and at night. When handling them over a sink, place a folded towel or fill the basin with a little water to reduce the risk of breakage if you accidentally drop them.

Step 2: Clean Them Manually

Use a mild liquid soap on a soft toothbrush or dedicated denture brush. Brush all surfaces of the denture thoroughly, including the fitting surface (the side that rests against your gums) as well as the outer and biting surfaces. Rinse thoroughly with cool water.

****Important:**** Do not use hot water, abrasive toothpaste, bleach, laundry products, methylated spirits, or antiseptic solutions unless specifically instructed by your clinician.

Step 3: Clean Your Gums and Tongue

Use a soft toothbrush to gently clean your gums and tongue in the morning and at night, even when your dentures are out. This removes bacteria and promotes healthy gum tissue. Rinse thoroughly under running water.

Step 4: Inspect Your Dentures

After cleaning, check the denture for cleanliness. Areas that feel slippery to the touch may indicate that plaque is still present. Clean again if needed until all surfaces feel smooth and clean.

Step 5: Store Your Dentures Overnight

Place your clean dentures in a dry denture container overnight. Removing dentures before sleep gives your mouth a rest and helps prevent tooth grinding during sleep, which can accelerate wear.

Additional Denture Care Tips

****Tartar and build-up removal:**** To remove accumulated tartar or calculus, soak your denture in a solution of one part white vinegar to four parts water for 30 minutes. If build-up persists after soaking, contact us on 13 13 16 and we can arrange a professional repolishing.

****If your denture breaks or is damaged:**** Stop wearing it immediately and do not attempt to repair or modify it yourself. Contact us on 13 13 16 to arrange an appointment.

****If your mouth becomes sore:**** Contact us on 13 13 16 to have your denture professionally adjusted. Do not attempt to adjust the fit yourself.

****Adapting to your new denture:**** If your denture is new, it may feel unfamiliar at first. Start with soft foods, take small bites, and chew slowly on both sides evenly. If you have any remaining natural teeth, try using them rather than relying entirely on the denture while you adjust.

For any concerns about your dentures, call Core Dental on ****13 13 16**** or visit coredental.com.au.