



A CARING APPROACH TO YOUR DENTAL HEALTH

### *Caring for New Dentures*

- Once your denture has been issued to you, you should leave the denture in your mouth for the first 12 hours, especially overnight.
- For the first few days and until you get used to your denture, it is advisable to eat soft food and gradually ease back into your normal diet.
- The following morning remove the denture and wash it (see below for instructions), rinse your mouth gently with warm salty water and clean your teeth.
- Wear the denture as much as possible and if sore spots develop, contact your Dentist to make an appointment for an adjustment.
- After the initial adjustments are made, you must **not** wear the denture at night. This reduces the chance of decay or gum inflammation and allows your gums and teeth to rest and recover from the constant pressure applied during the day.
- At night, after cleaning your denture, leave it in an antiseptic-filled container overnight.
- With time (six months after issue) you may find that your denture is becoming loose. A reline can improve the retention.
- Ensure that you regularly visit your Dentist (once every 12 months) to have your teeth and denture checked and also to have your teeth cleaned and fluoride treated (this helps to strengthen your teeth)

### *Cleaning your dentures:*

- Rinse and brush your denture under **cold** water. *Use only cold water as hot or warm water can warp your denture.*
- Using a piece of gauze wrapped around your finger, gently rub clean the gums over which the denture sits to remove any germs and debris.
- Rinse your mouth with warm salty water.
- Put the denture back in your mouth as soon as possible.
- Clean your denture in this manner at least twice a day.
- Replace your denture in your mouth.

***Please feel free to contact your Dentist at any stage if you have questions.***

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### *Caring for a Mouth Guard*

- *Your* mouth guard is custom made to fit you and *only you*.
- *Always* wear your mouth guard during the game *and* training.
- Store your mouth guard in a *cool* place at all times. Direct heat will cause the mouth guard to lose its shape and function, therefore, never in the car.
- *Always* bring your mouth guard with you when you come in for an appointment.
- Schedule a follow up appointment with your Dentist after 6 months from the date of issue.

*Always keep your mouth guard in its container when you are not using it.*

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