DENTURES

Adaptation

Getting used to dentures **takes time**, especially when they are your first ones. Placing dentures in your mouth can take time – **be patient!**

The first 2-3 weeks are the hardest. Diction and eating can be complicated. Dentures can cause soreness. **It will all pass.**

In order to adapt faster, the denture should be used regularly, in the beginning even at nights. Warm beverages are helpful.

Your dentist will guide you through using the dentures.

Cleaning

Clean your dentures **twice a day with tap water**. You can use a **soft brush or a specific brush** for dentures. Make sure you clean all the surfaces. You can also use liquid soap but **never toothpaste** – it is abrasive. Rough dentures collect food and bacteria more easily.

There is a large variety of cleaning products for sale in the pharmacies.

Use a different brush for your own teeth.

Rinse your mouth and the dentures after every time you have eaten.

When not in use, you can store the denture in a moist tissue in a special box. This way you don`t lose it.

When broken, **do not try to fix** the denture yourself, it is more likely to destroy it in wrong hands.

Do not forget the annual dental appointment – your denture might need some professional care even when you do not feel the need. Additional teeth can also be added to the denture.

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