

## HOW DO I STAY HEALTHY?

### drink well

- Drink **tap water** daily



### eat well

- Cut your food into **small** pieces
- Eat soft foods **in the beginning** and slowly return to your normal diet
- Be **careful** when eating hard foods
- Chew on **both** sides of your dentures
- Only eat **sugar-free** and denture safe sweets like chewing gum
- Maintain a **healthy** diet and eat from **all five** food groups

#### Five Food Groups



**Avoid biscuits, cakes, fried foods, fatty meats and sweet drinks.**

## CONTACT DETAILS FOR PUBLIC DENTAL SERVICES

Public Dental Health Call Centre	Phone Number
Sydney South Western Sydney	(02) 9293 3333
South Eastern Sydney	1300 134 226
Illawarra Shoalhaven	1300 369 651
Northern NSW Mid North Coast Hunter New England	1300 651 625
Central Coast	1300 789 404
Northern Sydney	1300 732 503
Murrumbidgee Southern NSW	1800 450 046
Western Sydney	(02) 9845 6766
Nepean Blue Mountains	(02) 4734 2387 or 1300 769 221
Far West Western NSW	1300 552 626

*Sponsored by the Australian Dental Prosthetist Association  
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NSW Oral Health Promotion Network Committee*

Further copies can be downloaded from NSW Health Web site:

[www.health.nsw.gov.au/cohs/resources.asp](http://www.health.nsw.gov.au/cohs/resources.asp)

Hard copies available from the  
Better Health Centre Publications Warehouse  
(02) 9887 5450

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# enjoy your life



## CARING FOR YOUR DENTURES



**Health**  
Centre for  
Oral Health Strategy

## WHAT CAN I EXPECT WHEN I GET MY DENTURES?

- 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** or sore spots may occur - and that is normal
- If you have **ongoing problems** tell your denture provider at your review appointment

*These new changes will usually improve over time*



### WHAT SHOULD I BE CAREFUL OF EATING?

- **Hot foods.** Dentures make it hard to tell how hot foods or drinks really are
- **Small seeds.** These can get stuck under dentures and cause discomfort

## HOW DO I MAKE MY DENTURES LAST LONGER?

- Talk to your dental practitioner about storing dentures
- Do not soak in **hot water** or leave in a **hot car**
- Never use **chemicals** on your dentures
- Do not **adjust, modify or repair** your own dentures or use glue to fix them - see your dental professional
- Take your dentures out when you **sleep** or if you **play contact sports**



### HOW DO I CLEAN MY DENTURES?

- Clean your dentures **every day**
- Clean your dentures **over a sink** filled with water to avoid breakage
- Use **warm** water, **soap** and a soft nail or denture brush - rinse well
- Remove **leftover** denture glue (if using)
- Put your clean dentures in a **glass of water** overnight

*A special denture cleaner should only be used if you cannot remove stains with a soft brush and hand soap.*

## WHEN DO I SEE A DENTAL PROFESSIONAL?

- For an adjustment to your dentures
- If you break your dentures
- If you have a persistent sore in your mouth
- If you have extreme soreness, leave your dentures out. ***BUT you must wear them the morning of your review appointment.***

### HOW DO I CARE FOR MY MOUTH?

- Rinse your mouth with water **after each meal**
- **Clean** your gums, tongue and remaining teeth after eating with a **soft toothbrush and fluoride toothpaste**
- Remove any **denture glue/adhesive** leftover from your mouth
- Do not **smoke**



clean  
well

**TREAT YOUR DENTURES WITH GREAT CARE. IF YOU DROP THEM THEY CAN BREAK!**