



**Avondale House Dental Surgery**  
37 Anson Street  
Rugeley  
Staffordshire  
WS15 2BA

**Telephone: 01889 582080**

## **New Denture Patient Advice**

**If you have had new dentures fitted, here are a few helpful tips to help you adapt to them:**

Your new dentures will feel strange and bulky at first as they will take a few days to bed in and seat upon the gums correctly. This may cause soreness and you may need to contact the surgery so any fine adjustments can be carried out.

Wear the dentures all the time as this will help them bed in as soon as possible. However if you find it difficult, try to wear them for a few hours at first and then gradually increase the amount of time you keep them in.

Speaking will be a little awkward at first as you may be conscious of your teeth but this will become more natural within a few days.

Keep to a soft diet for the first few days and as you feel more comfortable, gradually try harder foods, in time and with practice you should be able to master most foods.

Clean the dentures regularly by brushing, soaking and brushing again, this will prevent the build-up of plaque and tarter and help prevent odour as well as keeping the denture in good condition.

If you have any problems with your dentures, your dentist is there to help. Please give the surgery a call on 01889 582080 or book your appointment online on our website.