



# Getting Used To New Dentures

## Recently got new dentures?

Having new dentures can take some time getting use to. At first they may feel strange, but it will take some time for both you and your mouth to adjust. Although great care went into making your new denture, they may require slight adjustments in the first week or two due to minor sore spots which is to be expected. These minor sore spots can be treated by taking out your dentures and rinsing your mouth out 3-4 times a day with warm salty water until healed. If soreness persists you should contact your Dental Professional.

## I already have ulcers, what do I do?

If you already noticed you have a few ulcers with your new set of dentures here are some actions you can take. Start by removing the denture(s) and rinse with warm salty water 3-4 times a day for the next week. Try leaving the dentures out when possible to give time for the tissue to heal / repair.

## Tips to avoid sore spots

- 1.** Avoid hard and sticky foods for the first 1-2 weeks as this can create many sore spots. Long-term it is best to avoid gum and other super sticky foods as this will not be compatible with your denture.
- 2.** Avoid swapping between your old and new dentures as this will make it harder for your body to adapt and will cause sore spots.
- 3.** Clean your dentures daily, if possible between meals to avoid any build up on your denture, refer to our denture cleaning guide for more information.
- 4.** Ideally don't wear your denture at night as this can cause irritations. If you find it is uncomfortable sleeping at night without a denture in, consider finding a period during the day for a few hours where you can take out the dentures to give time for your tissue to repair.

