



# Denture Maintenance

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Thank you for choosing Encounter bay dental. We endeavour to make a set of teeth for you which are comfortable, functional and Aesthetic.

In order to improve the life span of your dentures EBD has the following recommendations.

## **Adjustment:**

Once inserted all dentures take a little bit of time to get used to. However if your denture is rubbing against your gum and causing sore spots, please feel free to come in and we can adjust it for you free of charge.

## **Cleaning:**

At night remove your dentures and place them into a container with water along with denture cleaning agents like Sterident tablets.

Like your natural teeth, dentures also collect plaque and calculus. Once you note these deposits on your denture teeth please let us know and we can clean your dentures for you.

## **Soft tissue health:**

Give your gums some rest by removing the dentures at night. If you notice any pain or inflammation of the tissues below the denture please call us and we can help you resolve it. If you notice a white, painful lesion around the gums where the dentures sit please call us as this can indicate infections of the mucosa.

## **Implant overdenture maintenance:**

Implant overdentures have superior retention and restore function to an almost natural level. If you already have one of these dentures, it is extremely important that you maintain hygiene around the implants that are holding your denture in place with regular brushing and flossing around the implants. You also need to clean out the retaining components on the fitting surface of your denture. Six monthly recalls with the hygienist to check the health of the implant is essential.

If the dentures feel loose after some time this indicates that the retaining O-rings need to be changed. Please call us if there are any concerns with the denture.