

## **DENTAL APPLIANCE (e.g. DENTURE) CARE**

*Please read this information sheet. If you have any questions, particularly about the treatment or potential side-effects, please ask Professor.*

- *If you have some natural teeth, these need regular attention, since wearing an appliance encourages food and plaque accumulation.*
- *Keep the appliance as clean as natural teeth.* Clean both surfaces (inside and outside) after meals and at night. Use washing-up liquid and a toothbrush and lukewarm water and hold it over a basin containing water, in case you drop it, which could cause it to break. Never use hot water, as it may alter the colour. A disclosing agent, for example *Rayners Blue* or *Red food colouring* (available at most supermarkets) can be applied with cotton buds, to help see whether you are cleaning the appliance thoroughly enough. If stains or calculus deposits are difficult to remove, try an overnight immersion (e.g. *Dentural*, *Milton* or *Steradent*), or an application of *Denclen*.
- *Dentures should be left out overnight*, so that your mouth has a rest. It is not natural for your palate to be covered all the time and the chances of getting an infection are increased if the dentures are worn 24 hours a day. Ensure you leave the dentures out for at least some time and keep them in *Dentural* or *Steradent*, as they may distort if allowed to dry out.
- *Special precautions for dentures with metal parts; Denclen, Dentural and Milton may discolour metal, so use with care.* Brush briefly to remove stains and deposits, rinse well with lukewarm water and do not soak overnight.
- Before re-use, wash in water and brush the appliance to remove loosened deposits.

*A patient has the right under common law to give or withhold consent to medical examination of treatment. This is one of the basic principles of health care. Patients are entitled to receive sufficient information in a way they can understand about the proposed treatments, the possible alternatives and any substantial risk or risks which may be special in kind or magnitude or special to the patient, so that they can make a balanced judgement. (UK Health Dept.19.2.99. HSC 1999/031)*

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