

## Useful Information

<b>Ashton, Leigh &amp; Wigan</b>	Leigh Health Centre Pemberton Health Centre	01942 483401 01942 481930
<b>Bolton</b>	Lever Chambers	01204 462730
<b>Chester</b>	The Fountains Health Centre	01244 356809
<b>East Cheshire</b>	Dene Drive Primary Care Centre, Winsford	01606 544188
<b>Halton</b>	Hallwood Health Centre	01928 593400
<b>St.Helens</b>	St.Helens Dental Clinic	01744 731395
<b>Stockport</b>	Kingsgate House	0161 426 5680
<b>Tameside &amp; Glossop</b>	Ashton PCC Ashton Under Lyne	0161 342 7150
<b>Trafford</b>	Seymour Grove Health Centre	0161 786 3331
<b>Warrington</b>	Bath St. Health & Wellbeing Centre	01925 867974
<b>Widnes</b>	HCRC	0151 495 5042

## Local Pharmacy

Your local pharmacies offer a wide range of services including information and general advice on symptom relief medicines as well as a prescription collection and delivery service.

A list of local dental practitioners is available from:

**Healthy Living**  
Ground Floor, Lincoln House  
College Street  
St.Helens  
WA10 1UQ

We are open: Monday - Friday, 9:00am - 5:00pm

☎ 0300 300 0103

🌐 [www.healthysthelens.co.uk/oralhealth](http://www.healthysthelens.co.uk/oralhealth)

🐦 @HealthySTH

✉ [hit@sthelens.gov.uk](mailto:hit@sthelens.gov.uk)



## Oral Health - How to Look After Your Dentures

## Introduction

A clean comfortable mouth is essential for good physical health and general quality of life. This leaflet explains how to look after your mouth if you have partial or full dentures.

## New dentures

Your mouth may feel a little strange at first after getting new dentures. This usually settles down after a few days. However, if you get any sore areas in your mouth after this time you should make an appointment to see your dentist.

It is always a good idea to wear your denture for 24 hours before your appointment so the dentist can see where the denture is causing the sore spot.

## Partial dentures

It is very important that you look after your remaining natural teeth.

After removing your denture, brush your natural teeth and your gums thoroughly twice a day with a family fluoride toothpaste.

Spit the toothpaste out but do not rinse your mouth with water or use a mouthwash at the same time as brushing. The fluoride in the toothpaste left on your teeth will help to strengthen them.

## Cleaning dentures

Always clean your dentures over a bowl filled with water in case you drop them. Your dentures should be cleaned twice a day and after eating if required. Use a soft toothbrush and normal toothpaste. Follow the manufacturers instructions if using a denture cleaner.

Leave your dentures in cold water overnight.

Do not use bleach as this will damage your dentures.

## Remember

Keep sugary food and drinks to mealtimes to help reduce tooth decay.

Brush your gums, tongue and the roof of your mouth with a soft toothbrush to keep your mouth healthy.

Take your dentures out at night unless your dentist has advised otherwise.

Keep your dentures in cold water when you are not wearing them to stop them from drying out and changing shape. Change the water every day to keep it fresh.

If you are having new dentures made ask your dentist to put your name on them.

This is important if you have to stay in hospital as dentures sometimes get lost.

It is important that you see a dentist at least once a year even if you have full dentures. The dentist will look at your whole mouth so that any problems such as infections or mouth cancer can be spotted early.

Any ulcer that lasts for more than two weeks needs to be checked by your dentist regardless of whether you have natural teeth or not.

