

University Dental Hospital of Manchester
Department of Restorative Dentistry

Information for Patients

Complete Dentures

A great deal of care has been used in the clinical preparation and technical production of your new complete (full) dentures. Although you will probably have worn complete dentures previously, these instructions have been written to enable you to learn to adapt to and to get maximum use of your new dentures.

What to expect from your new dentures

1. Learning to use your new dentures will take time and patience, and your experience will be unlike anyone else's.
2. Eating may be awkward to begin with and we recommend that you cut your food into small pieces and eat on your canine (eye) teeth and the premolar teeth just behind them. Biting into food with your incisor (front) teeth is best avoided until you are used to controlling your new dentures. If you have difficulty with speech at first, practice by reading or talking aloud.
3. Pain and discomfort often occurs when new dentures are first worn and adjustment will be the norm rather than the exception. This is why we will arrange to see you for a review appointment. If the pain is severe please remove the new dentures (you can use your previous set if you wish) and arrange to see your dentist as soon as possible. If possible, put the (new) dentures in on the day you are being reviewed so that the painful area(s) may be more readily identified. Please do not try to adjust them yourself.
4. New dentures may be slightly larger than your previous dentures and we recommend that you insert the lower denture first then the upper denture.
5. Research indicates that the bone underneath your gums continues to shrink over time and it is likely that you may need replacement dentures after a period of 5 years, although this varies between individuals. If you wish for more advice on bone changes in your mouth, please ask your dentist.
6. A leaflet on how to care for your dentures has been prepared and should be given to you with this leaflet. If you do not receive this leaflet, please ask for the leaflet titled 'Care for Your Dentures'.

If you have any queries about the information contained within this leaflet or any other aspects about your treatment please do not hesitate to contact us:

- Restorative First Floor: 0161 393 7734
- Restorative Ground Floor: 0161 393 7735

Monday to Friday 9.00am to 5.00pm

For out of hours emergencies please contact your local Accident and Emergency Department.