

Looking after your dentures

This leaflet explains more about how you to look after your dentures. If you have any further questions, please speak to a dentist or nurse caring for you.

Cleaning

It is important to clean your dentures to keep your mouth clean. If you have teeth you should brush them as part of your daily routine.

1. Be careful when you clean your dentures to avoid dropping and breaking them.
2. Rinse your dentures in cold water to remove loose food particles.
3. Brush your dentures using toothpaste and an ordinary toothbrush. Remember it is also important to brush your remaining natural teeth to prevent decay and gum disease.
4. You can also use a denture cleaning solution. If you are in doubt as to which one to use ask your dentist.
5. Brushing your gums, tongue and roof of your mouth with a soft toothbrush is also recommended.
6. You may find it more pleasant to rinse your dentures after every meal as food will collect under them. This is normal.

Storing

7. When not wearing your dentures for prolonged periods, keep them in water or they will dry out and may not fit.
8. Change the water you store your dentures in every day to stop it going stale.
9. Your dentures should be taken out every night (unless your dentist has advised otherwise) to let your mouth 'breathe' – like contact lenses in your eyes.

Reviewing

10. It is still important to see a dentist regularly for upkeep of your dentures and to check the health of your whole mouth, so any problems like infections or cancer can be spotted early.

Contact us

If you have any questions or concerns about your dentures, please call the hospital switchboard on 020 7188 7188 and ask to speak to the department you were treated in.

Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.

t: 020 7188 8748 9am to 5pm, Monday to Friday

Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

t: 020 7188 8801 (PALS) **e:** pals@gstt.nhs.uk

t: 020 7188 3514 (complaints) **e:** complaints2@gstt.nhs.uk

Language Support Services

If you need an interpreter or information about your care in a different language or format, please get in touch.

t: 020 7188 8815 **e:** languagesupport@gstt.nhs.uk

NHS 111

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

t: 111

NHS Choices

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.

w: www.nhs.uk

Get involved and have your say: become a member of the Trust

Members of Guy's and St Thomas' NHS Foundation Trust contribute to the organisation on a voluntary basis. We count on them for feedback, local knowledge and support. Membership is free and it is up to you how much you get involved. To find out more, and to become a member:

t: 0800 731 0319 **e:** members@gstt.nhs.uk **w:** www.guysandstthomas.nhs.uk/membership