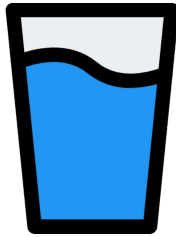


## Remember:

1. Brush your dentures daily.



2. Drinking tap water is best.



3. Limit sugary foods and drinks.



4. Visit your oral health professional regularly.



## Where to go for oral health care

If you have a Health Care Card or a Pensioner Concession Card you can access oral health care at your local community dental clinic. If payment is a barrier, please talk to our staff.

## Ask about our oral health services

Call or visit us at:

North Richmond Community Health  
Level 1, 23 Lennox Street  
Richmond 3121

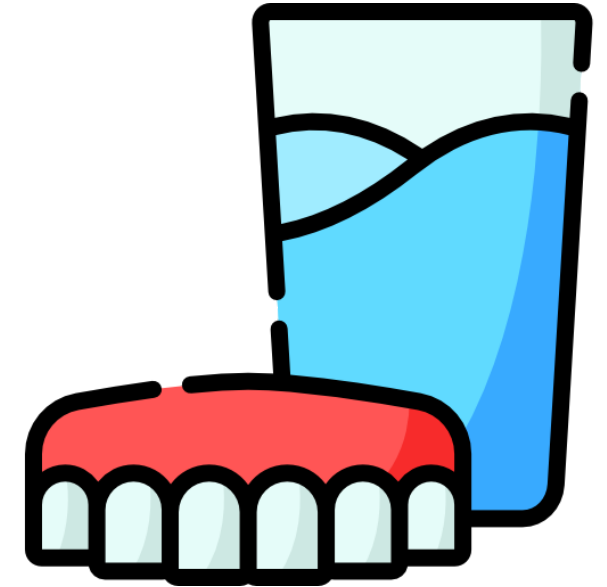
☎ 9418 9800    ✉ [teeth@nrch.com.au](mailto:teeth@nrch.com.au)

📱 @NRCHaus    🗺 [www.nrch.com.au](http://www.nrch.com.au)



north richmond  
community health  
Wulempuri - Kertheba

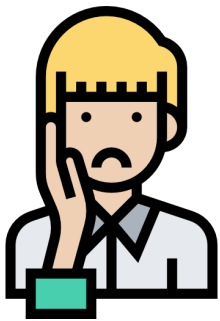
# Dentures and mouth care



Learn how to care for your dentures and mouth.

# What can I expect from my new dentures?

- They can take a while to get used to.
- They may feel big in your mouth and move when you eat or speak.
- You may have more saliva.
- Chewing and biting will feel different.
- You may experience some discomfort and sore spots.



- You may need to return to your oral health professional for further adjustments.

# How do I care for my dentures?



Clean your denture everyday and after each meal.

Use warm water, soap and a denture brush to clean dentures.



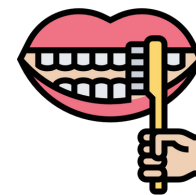
Remove any remaining denture glue. Do not use toothpaste.

Leave your denture to dry overnight in a container.



# How do I care for my mouth?

- Rinse your mouth with water after each meal.
- Take your denture out before you go to sleep.
- Clean your gums, tongue and remaining teeth with a soft toothbrush and fluoride toothpaste every morning and evening.



- If you have sores or ulcers, rinse your mouth with warm salt water. If an ulcer doesn't heal within seven days, see an oral health professional.