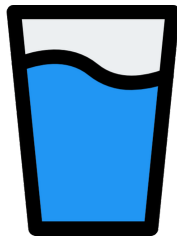


Remember:

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 9873

✉ teeth@nrch.com.au

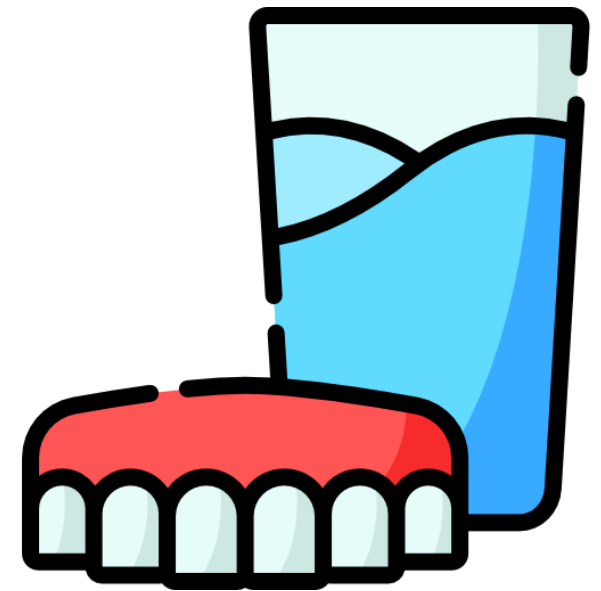
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north richmond
community health
Wulempuri - Kertheba

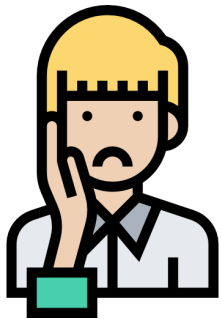
Dentures and mouth care



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.