

# DENTURE CARE AND CONFIDENCE



**POLIGRIP<sup>®</sup>**



GlaxoSmithKline  
Consumer Healthcare

# DENTURE CARE AND CONFIDENCE

## What can you expect when you start wearing dentures?

Wearing dentures may initially feel different to your natural teeth and it's perfectly normal to experience any of the following sensations:

- Your dentures may feel large in your mouth
- Your lips may feel like they're being pushed forward
- You may experience a gag reaction, particularly in the back of your mouth
- You may experience an increased amount of saliva
- The denture may feel loose while your mouth muscles adapt to holding it in place

Don't worry – your mouth will soon become accustomed to holding your dentures.



## Common questions about new dentures

### Will dentures affect my speech?

When you first start wearing your new dentures you may feel you “sound” a bit different. This is because much of the sound is carried to our ears by vibrations in our skull and jawbones, and these vibrations have been altered by your denture.

- Practice speaking by reading aloud in front of a mirror
- Prior to speaking, bite down and swallow to “set” your dentures in place

With a little practice, you will soon find your speech returns to normal!

### Will I be able to eat my favourite foods?

Eating can be one of the most daunting aspects of wearing new dentures. Just be patient and take it slow, and you'll soon be enjoying your favourite meals again.

- Take care with hot and cold foods while you adapt to your new dentures
- Avoid hard or sticky foods
- Start by eating soft foods that are easy to chew and swallow
- Take small bites and chew slowly and evenly on both sides of your mouth
- Patience is the key to new dentures – it may take time but you will soon get used to them!

### Denture Fixatives

The use of a denture fixative, such as **POLIGRIP**, can offer many advantages, even if your denture is well made and feels like it fits well.

Clinical tests have shown that when using a fixative:

- Wearers feel more confident in social situations
- Dentures feel more comfortable

- Chewing food can be easier and requires fewer bites to eat meals
- Less food becomes trapped under dentures
- Breath stays fresher for longer

### Applying POLIGRIP denture fixative cream

1. Clean your denture thoroughly, preferably by brushing with **Dentu-Creme** or soaking. Dry thoroughly.
2. Apply **POLIGRIP** to your denture using a series of short half-inch strips. **POLIGRIP** has a unique ooze control tip to help ensure that you don't apply too much fixative.
3. Rinse mouth with water and spit out.
4. Press your denture firmly in place for several seconds.
5. You may find that the fixative oozes from the denture. If this happens you have used too much. Remove your dentures, wipe or brush off the excess fixative and start again.
6. Wait several minutes before eating or drinking.

If you find that **POLIGRIP** denture fixative cream isn't for you, **POLIGRIP ComfiSeal Strips** provide the strong all-day hold of a cream without the mess or ooze\*.



### How should I clean my denture?

An effective way to keep your denture clean, fresh and odour-free is to brush daily. But ordinary toothpaste can damage the highly polished, easily cleaned surface of new dentures, as they can be too abrasive, so it is important to use a specialist denture toothpaste.

Brushing your denture twice a day with **Dentu-Creme** removes bacterial plaque and tough stains, leaving your dentures really clean, fresh and smooth. And because **Dentu-Creme** is specially formulated for use with dentures, it is gentle enough to be used every day.

\*Upon application

### When to consult a dentist

If you are experiencing any problems with your new dentures please consult your dentist, especially if you have any of the following symptoms:

- You start to have sore spots, which could result from your dentures irritating the soft tissue of your gums.
- If your dentures feel “loose”. Over time your mouth changes, which can cause your denture to become loose fitting.

And even if you don't experience any problems with your new dentures, it is still important to have regular check ups with your dentist. This is particularly important if you have partial dentures.



## Five questions to ask your dentist about caring for your dentures

1. Will my dentures be as good as my natural teeth?
2. How long will it take to get used to my new dentures?
3. Are there any foods that I need to avoid?
4. What is the best way to clean my dentures?
5. Could a denture fixative help me to feel more confident about my dentures?

Ask your dentist or hygienist about caring for your dentures as part of your oral health



GlaxoSmithKline  
Consumer Healthcare

POLIGRIP is a registered trade mark of the GlaxoSmithKline group of companies.