



Care for Your Removable Prosthesis (Dentures or Splints)

- 1. Hygiene** - please use a regular manual toothbrush with toothpaste to brush on all surfaces (especially the inner surface that is touching the teeth and gums) thoroughly. We recommend soaking the prosthesis (after brushing) in salty water or mouthwash (e.g. Listerine) for further disinfection. This will reduce the rate of this prosthesis becoming discoloured over time.
- 2. Please do not:**
 - Use boiling water or microwave on your prosthesis as the plastic could warp.
 - Soak your prosthesis in liquids containing chlorhexidine (e.g. Colgate Savacol mouthwash) to avoid heavy staining.
 - Wear your denture during sleep.
- 3. Staining** - staining of removable prosthesis is common, particularly due to coffee, tea, red wine, smoking or using a mouthwash containing chlorhexidine (e.g. Colgate Savacol). To reduce staining, brush the prosthesis thoroughly after use or soak in white vinegar.
- 4. Fracture** - all plastic prosthesis can be fractured, particularly when dropped onto a hard surface, like tiles. In addition, dogs have known to love chewing on these prosthesis.
- 5. Maintenance**
 - for removable dentures, the jaw bone underneath your denture continues to shrink over time causing denture loosening. Additional acrylic can be added to your denture to improve its stability and comfort. This procedure is called a *denture reline*. A fee applies for this procedure.
 - for removable implant overdentures, the plastic-coloured implant inserts will loosen over time and need to be replaced. The frequency of replacement depends on your level of care and diet, but is generally every 6-12 months. A fee applies for this procedure.
- 6. Replacement**
 - The acrylic teeth in your denture will become worn over time making them appear shorter, flatter and less cosmetically appealing. These worn acrylic teeth can be replaced with new ones to prolong the life of your denture base. A fee applies for this procedure.



**SYDNEY
PROSTHODONTIC
GROUP**

Dr Ben Lee | Prosthodontist

BDS (Otago) MDS (Pros) (Syd) MRACDS (Pros)

Dr Johnson Chou | Prosthodontist

BDS (Otago) DCLinDent (Pros) (Syd) MRACDS (Pros)

Dr Agnes Lai | Prosthodontist

BDS (Syd) DCLinDent (Pros) (Syd) MRACDS (Pros)

- The splint will become worn over time and eventually need replacement. The frequency of replacement depends on the severity of teeth clenching and grinding. A fee applies for this procedure.