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## Your New Dentures

Take your dentures out every night and scrub them with an appropriate denture paste over a half-filled basin, using a soft denture brush. **Do not** use ordinary toothpaste. Make sure you do not bend any metal clasps that may be located on the denture.

Put your dentures in disinfectant solution **for no more than 30 minutes** and keep them in fresh water overnight. This is especially important for dentures that have a soft rubbery finish, as this will otherwise be ruined.

If you have had an extraction and your dentures fitted shortly afterwards (immediate dentures), you will be aware that your gums will start shrinking back immediately, with the bulk of the shrinkage occurring within 6 months. After this time, your dentures will normally need relining.

*Suggestions or Comments? Please complete  
our Friends and Family Test Survey*