

Contact us

CHRISTCHURCH

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03 375 4444

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03 375 4449

Halswell
284 Halswell Rd
03 322 9577

Hoon Hay
10 Lincoln Rd
03 338 8210

QEII
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03 388 0881

Linwood
211 Linwood Ave
03 375 4448

Beckenham
269 Colombo St
03 375 4443

Sydenham
58 Wordsworth St
03 366 7429

SOUTH ISLAND

Rangiora
210 High St
03 313 3001

Kaiapoi
42 Charles St
03 375 4442

Ashburton
80 Park St
03 307 6111

Timaru
50 Church St
03 684 3451

Greymouth
Albert Street Mall
03 768 6243

Invercargill
65 Arena Ave
03 214 6995



Thank you for choosing Duchenne for your new dentures.

Because we only use premium materials you can rest assured your dentures will wear well for many years to come.

We recommend the following easy steps for keeping your dentures in the best possible condition.

Daily Cleaning

- Clean your dentures after each meal using either a denture toothpaste or soap (sunlight liquid is suitable). Take your dentures out of your mouth to clean them effectively.
- Avoid using common toothpastes as these can cause micro-abrasions on the denture surfaces, which give bacteria a surface to adhere to.
- While you have your dentures out, you may wish to rinse your mouth out with a salt water solution of half a glass of warm water mixed with 1 teaspoon of salt, or an Alcohol Free mouthwash.
- Once a day, it is important to remove your dentures to soak them in a bicarbonate solution. Fittydent* is a suitable soaking solution. Simply follow the instructions on the box. Soak anywhere from 10 minutes to overnight if desired. The reason for soaking your dentures is to eliminate bacteria and reduce plaque and staining.

Weekly

- Soak your dentures with a Caldent* cleansing sachet. This product is a heavy stain and calculus remover. We often use this before a professional clean. It is important again that you follow the directions on the box.
- This solution can be used daily if desired.

Fortnightly/Monthly

- Once a fortnight, soak your dentures in a solution made up of 1 teaspoon of bleach (Janola) and 1 cup of water and soak for 20 minutes. This will help to destroy any bacteria that has become attached to your dentures, and help you maintain optimum oral health.

- Make sure you clean your dentures thoroughly with denture toothpaste or soap and rinse well before putting them back into your mouth.
- If your dentures contain Chrome-Cobalt or have a metal substructure, please **DO NOT** soak them in a bleach solution, as it may tarnish the metal. Check with your clinician if you are unsure.

Sore Areas and Adjustments:

- If you have discomfort caused by your dentures, please book in to see one of our clinicians as soon as possible.
- Fittydent Adhesive* can also be used to lubricate sore areas until the dentures can be adjusted, ask your clinician how to apply this.
- Salt water mouth rinses are also an effective method to heal some sore areas. AftaMed* oral spray or gel can also give some relief.
- Please **DO NOT** self-adjust your dentures. This will void any warranty or guarantee with Duchenne.
- If your dentures get too sore to wear and you experience excessive discomfort, please remove them and make an appointment so they can be adjusted by one of our clinicians.

If you have any questions please call us as soon possible on 0800 866 8448



www.duchenne.co.nz

*Products are available to purchase from Duchenne.