



Denture Care

- 1. Keep dentures clean.** Bacterial plaque builds up daily in the mouth and on dentures. Unless it's removed, plaque can cause infection and disease.

Cleaning Tips:

- Clean your dentures over a sink filled half way with water so your dentures won't break if you drop them.
- Scrub dentures thoroughly with soap and water. Do not use toothpaste on dentures.
- Ask your pharmacist for a special denture brush which has short bristles to clean sides and chewing surfaces and long bristles to clean the narrow spaces inside the denture.
- To remove stains you can scrub your dentures with baking soda.
- If you have partial dentures, clean their metal clasps carefully. Ask your pharmacist for a denture clasp brush.
- If you find denture brushes hard to handle, a nail brush sometimes provides a better grip.
- Rinse dentures in clean water before placing them back in your mouth.



- 2. Remove your dentures every night.** Place them in warm water when they are not in your mouth. This takes pressure off your gums. Imagine how your feet would feel if you never took off your shoes! Mouth tissues are extremely sensitive. They can shrink and change under the pressure of dentures. Give them time to rest and breathe by removing dentures over night. Be sure to put the dentures in water so they do not dry out.

- 3. Your oral tissues need daily stimulation.** Use a soft toothbrush to massage your gums; the top, underside, and edges of your tongue; the roof and floor of your mouth. If a brush is uncomfortable try gauze moistened with water.

- 4. Keep in touch with your dentist.** Your mouth changes constantly - so from time to time, your dentures will need adjusting to maintain a good, comfortable fit. While reviewing the fit, your dentist will also examine your tissues, check for oral diseases, and review your home-care routine.

