

# DENTURE CARE INSTRUCTIONS



## How often should I clean my dentures?

It is important to treat your dentures as you would your natural teeth. They should be kept as clean as possible to prevent further tooth loss, inflamed gums, or bacterial and fungal infections. We usually recommend you clean them thoroughly twice a day, and after eating when necessary.

## How should I clean them?

The general rule is: brush, soak, brush. Always clean your dentures over a bowl of water or a folded towel in case you drop them. Brush your dentures before soaking to help remove any food debris. Using an effervescent (fizzy) denture cleaner will help remove any stubborn stains and leave your denture feeling fresher. Always follow the manufacturer's instructions. Then brush the dentures again, as you would your own teeth, being careful not to scrub too hard as this may cause grooves in the surface. Make sure you clean all surfaces of the denture, including the surfaces which come into contact with the gums. This is especially important if you use any kind of fixative.

## What should I use to clean my dentures?

There are many different denture-cleaning products. However, most dentists recommend a small to medium headed toothbrush to reach into the awkward corners, or a soft nail brush, and ordinary soap. Soaking solutions can often help to remove staining and bacteria. We do not recommend that you use these solutions overnight.

## Is there anything that I should avoid?

It is important not to use any type of bleaching product to clean your dentures. Bleaching can lead to weakening of the denture and it may become unsightly. Do not use very hot water to soak the denture. Again, it can weaken the denture causing it to break.

## What should I do if I have a soft lining?

Some people have sensitive gums and may need a softer lining made for their dentures. If you have one of these special linings, it is important to check with your dentist before using any cleaning products or fixatives as some products can damage the lining.



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## What if I have a metal denture?

Some commercial cleaning products can damage metal dentures, so it is important to discuss cleaning options with your technician/dentist if you have these. If your denture has clasps, you need to take particular care when cleaning to avoid damage.

## Are there any special products I should use?

There are some specialist products available for cleaning your dentures, including special brushes, cleaning pastes and soaking solutions. However, you should use these carefully and follow the manufacturer's instructions. If you are not sure which products to use, ask your technician/dentist.

## Should I remove my dentures at night?

It is recommended to remove your dentures at night to give your mouth a chance to rest. If you remove your dentures, it is important to leave them in water to prevent any warping or cracking.

## What can I do about staining?

Like natural teeth, dentures can pick up staining. This is especially true if you smoke, or drink a lot of tea, coffee or red wine. In most cases you should be able to remove this staining with regular cleaning. However, more stubborn stains may take a little more cleaning, which your technician should be able to help you with.

## Do I still need to see the dentist?

It is important to visit your dentist regularly even if you don't have any natural teeth. Dentists do not only check teeth, but also the soft parts of the mouth, including the tongue and cheeks. These examinations are just as important, so the dentist can spot any infections, mouth conditions or even mouth cancer at the earliest stages. Your dentist will be able to tell you how often you need to visit.

## Do you have a lower denture?

Lower dentures have to operate in a very mobile environment, where the lips, cheeks, and tongue have a tendency to try and dislodge the denture when speaking or eating. In addition, the lower ridge is much smaller than the upper, as it is more prone to excessive shrinking (up to 4 times more than the upper) and there is no large surface on which to create suction or balance like you get from the palatal surface. These factors can often cause a lower denture to move about and cause food to become trapped. A successful denture wearer will in time learn to control their facial muscles, which is essential when wearing new dentures. Remember that if you push your lower denture around with your tongue, you will find the appliance lift easily and will not stay in place. You must not get into the habit of doing this.