

DENTURE CARE RECOMMENDATIONS

Removable partial or full dentures require care to help keep them looking their best. The following are some useful suggestions for cleaning.

- 1 Handle your dentures with care.** Dentures are fragile so avoid bending or dropping them when cleaning. Place a towel in the bottom of the sink to cushion a fall, just in case you drop them.
- 2 Remove and rinse dentures after eating.** Gently rinse your dentures with water to remove food. We also recommend you brush your natural teeth, tongue and the rest of your mouth with a soft toothbrush. Do not use denture cleansers inside your mouth.
- 3 Brush your dentures at least daily.** Brush dentures with a non-abrasive denture cleaner to remove food and plaque. Take extra care to remove denture adhesive.
- 4 Soak dentures overnight.** Dentures need moisture to keep their shape. Place your dentures in either water or a mild denture-soaking solution overnight.
- 5 Rinse dentures before putting them back in your mouth.** Take extra care if you use a denture-soaking solution as they can make you unwell if accidentally consumed.
- 6 See your dentist.** Always schedule regular check-ups with your dentist to examine your mouth and denture. If your denture begins to fit poorly, cause sore spots or irritation, visit your dentist for further assessment.

We recommend you **avoid** the following:

- 1 Strong cleaning materials.** Stiff brushes and harsh cleaners can damage your dentures. Whitening toothpastes are very abrasive and should not be used.
- 2 Bleach-containing products.** Bleach may change the colour, weaken or tarnish your denture.
- 3 Hot water.** Hot or boiling water can warp your dentures and alter the fit.
- 4 Pets.** Most pets love dentures. Unfortunately they can easily break them.

If you notice any changes in your symptoms or your bite, please contact your dentist.