



## How to Take Care of Your Partial or Denture

Proper denture care is important for both the health of your dentures and mouth. Here are some tips.

**Handle dentures with great care.** To avoid accidentally dropping them, stand over a folded towel or a full sink of water when handling dentures.

**Brush and rinse your dentures daily.** Like natural teeth, dentures must be brushed daily to remove food and plaque. Brushing also helps prevent the development of permanent stains on the dentures. Use a brush with soft bristles that is specifically designed for cleaning dentures. Avoid using a hard-bristled brush as it can damage or wear down dentures. Gently brush all surfaces of the denture and be careful not to damage the plastic or bend attachments. In between brushings, rinse your dentures after every meal. Make sure you reach all surfaces. When cleaning dentures hold b/w thumb and forefinger over a sink filled with water and place the towel in the sink to act as cushion in case denture slips out of hand.

After brushing dentures can be soaked in denture cleanser to remove light stains n deposits. Rinse in water after cleaning with any solution.

**Clean with a denture cleaner.** Hand soap or mild dishwashing liquid can be used for cleaning dentures. Household cleansers and many whitening toothpaste may be too abrasive for your dentures and should not be used. Also, avoid using bleach, as this may whiten the pink portion of the denture. Ultrasonic cleaners can be used to care for dentures. These cleaners are small bathtub-like devices that contain a cleaning solution. The denture is immersed in the tub and then sound waves create a wave motion that dislodges the undesirable deposits. Use of an ultrasonic cleaner, however, does not replace a thorough daily brushing. Products with the American Dental Association (ADA) Seal of Acceptance are recommended since they have been evaluated for safety and effectiveness.

**Denture care when not being worn.** Dentures need to be kept moist when not being worn so they do not dry out or lose their shape. When not worn, dentures should be placed in a denture cleanser soaking solution or in water; the denture should be totally submerged in the water or solution. Dentures should never be placed in hot water, as it can cause them to warp.

- **Denture Do's:**

Clean the dentures daily and after every meal.

Take them out before sleeping and place them into a jar of cold water. Hot water may cause warping.

Inform dentist of any medication you are taking

Have regular check ups

- **Denture Don'ts:**

Do not brush with abrasive cleaners.

Do not use "drugstore" relines and denture repair kits.

Do not get addicted to adhesives.

Don't keep denture unclean and dry.