

Care and maintenance of your Dentures

- > Handle your dentures with care.
- > Remove and rinse dentures after eating.
- > Rinse your mouth (if possible) before reinserting.
- > Soak (overnight) and brush your dentures daily.
- > DO NOT brush dentures while still in your mouth.
- > If you have partial dentures remove them before brushing your natural teeth.
- > Denture cleaners can be Polident, Efferdent, Stain away, Nudent, denture cream, baking soda (less expensive, but not as effective), or any other generic cleaner.
- > Rinse dentures thoroughly before putting them back in your mouth, especially if they were soaking in denture cleaner.
- > DO NOT use bleach to clean your dentures. This will weaken, soften and lighten the acrylic. On metal partials it will tarnish (blacken) and corrode the metal.
- > DO NOT use tooth paste on your dentures (it is too abrasive).
- > DO NOT use hot boiling water to clean the dentures (they may warp).
- > Dentures should not be worn overnight. Allow your tissues/ gums to rest, relax, and breathe. It's like wearing your shoes to bed. Your feet feel good when you remove your shoes.
- > If you have implants, they should be cleaned at least every 6 to 12 months by your dentist.
- > If adhesive is needed to secure your dentures (Lowers more likely), Poligrip or Fixodent is recommended. It comes in paste or powder form.
- > If you have pets like a dog or cat, keep your dentures in a safe place where they cannot get at them. They smell the food on them and they will chew it like a bone.