

Care and Cleaning of Your Dentures

Brushing your Dentures

A denture brush is recommended in order to clean all areas of the denture. If you prefer to use an ordinary toothbrush, use extra attention to reach all curved areas of your denture. If you wear a single denture, you will need a separate brush for your denture in order to preserve the condition of the toothbrush for your remaining natural teeth.

Start by accident-proofing the surface you will work over. Place a face cloth in the bottom of the sink and partially fill the sink with water to provide a cushion should the denture be dropped. Dentures can break if dropped on a hard surface.

Hold the dentures in your non-dominant hand with a firm, but gentle grasp. Dentures can break if squeezed too hard.

Apply warm water and cleaning product. You can use a *gel or paste specifically designed for dentures* or a little soap or other mild, non-toxic cleansing agent. Don't use any powdered or abrasive cleaners, including most regular toothpastes, because they are too abrasive and produce scratches on the denture surface.

With the denture brush in your dominant hand, brush all areas of the denture. Ensure that the bristles reach all the grooved and curved areas. Avoid excessive scrubbing as this can damage the denture.

Under running water, use the brush to rinse away remaining cleanser and debris. Inspect your denture for cleanliness. Running your finger over 'slippery' areas may indicate that there is still plaque on the surface.

Place them back in your mouth if you are ready to wear them, or soak them overnight.

Soaking your Dentures

Having the dentures out of your mouth for a period of time each day gives your tissues a rest from the constant contact. While out of your mouth, the denture should be kept moist and overnight soaking is a good way to do this.

Soaking your dentures in chemical solution helps to loose stain and deposits that can then be rinsed or brushed away. Specifically designed denture soak products are often also anti-microbial and offer other benefits.

Select a container with a fitted cover that is the appropriate size for your denture.

Follow the Denture Cleaner manufacturer's instructions for preparation and length of soaking time. Use only warm water in order to promote the action of the cleanser. Hot water can distort the shape of your denture.

Ensure that the denture is completely submersed in the solution and cover the container.

In the morning when you remove your dentures from the solution, rinse to remove chemicals and debris, and then brush your denture before putting it in your mouth.

Empty and clean the soaking container.

Pour out the used denture solution and clean the container to make it ready for the next use.

- Most dental professionals recommend you rinse your dentures after every meal, and some may even advise brushing them after each meal. Rinsing helps keep plaque buildup to a minimum and makes it easier to clean them brushing them in the evening.
- Look for the American Dental Association or Canadian Dental Association seal of approval to ensure that a denture cleaner has been evaluated for safety and effectiveness.
- When these cleaning methods are not sufficient to remove deposits, a professional cleaning of your dentures by a dental professional is recommended.
- Remember that periodic oral check-ups are recommended even if you no longer have any natural teeth. Consult your dental professional whenever you experience oral discomfort, notice the appearance of a lesion in your mouth, or if you have a problem with the fit of your denture.