



You And Your Dentures

Care of the Mouth:

1. Remove the denture at night when you are ready to sleep. The denture should remain of the mouth at least 8 hours in each 24-hour period unless your dentist advises you differently.
2. Use a soft tooth brush to massage and cleanse all of the gum tissues which are covered by the denture.
3. Scrub your tongue with a soft tooth brush.
4. After each meal, whenever possible, remove the dentures, rinse your mouth and carefully clean the dentures.
5. Home reliners and adhesives should not be used.

Care of the Denture:

1. Thoroughly clean the inside as well as the outside of the denture using a denture brush and liquid detergent or non-abrasive bar soap. Toothpaste should not be used on the denture.
2. Brush the denture over a basin of water. If the denture should slip and fall, the water will prevent damage to the denture.
3. Soak the denture overnight in a commercial denture cleanser. (A substitute cleaner is 1 teaspoon Chlorox and 2 teaspoons Calgon water conditioner in a cup of water. Never soak a denture which has metal parts in the Chlorox-type cleaner.)
4. Never let the denture dry out. When it is not in your mouth, it should be kept in a cleaning solution or water.

What to Expect:

1. Do not eat corn on the cob or apples or other foods which tend to dislodge the dentures and may cause harm to the weak part of the ridges in front of the mouth. These foods should be cut with a knife and fork and chewed on the back teeth. This will aid in seating the denture. Tearing or biting food off with the front teeth tends to unseat the dentures.
2. If any problem whatsoever arises with your denture return to your dentist for help. Do not adjust, relin or repair your denture. Your dentist's responsibility and obligation ends and the denture may be ruined if you attempt to adjust or repair your own denture.
3. No denture is permanent. Changes will continue to occur in the bones and soft tissues of the mouth. Only your dentist can determine if your mouth is in healthy condition and if new dentures are needed. Return to your dentist at least once a year for regular checkups and maintenance of your denture.