

DENTURE CARE LEAFLET

How often should I clean my dentures?

It is important to treat your dentures like you would treat your natural teeth. They should be kept as clean as possible to prevent further tooth loss, inflamed gums and bacterial or fungal infections. We usually recommend that you clean them thoroughly twice a day, and after each meal.

Natural teeth – if you wear a partial denture, it is essential that you clean your natural teeth and your denture after each meal. Always remove your denture before cleaning your natural teeth and gums.

Why is it important to look after your denture?

Denture hygiene helps you to:

- Prevent bad breath
- Prevent infections.
- Help keep your mouth and gums healthy, helping to prevent further tooth loss

For effective cleaning of plastic (acrylic resin) dentures, we recommend that you:

- Rinse your dentures after every meal
- Remove debris by brushing with a soft brush, cold water and washing up liquid. Toothpaste is abrasive and will scratch the denture.
- Take care that you clean the dentures over a container/sink of water to reduce the risk of breakage should they fall.
- Soak the dentures for 15 minutes in a denture cleansing solution 2-3 times a week
- After soaking, brush dentures and rinse thoroughly with running water.

Is there anything I should avoid?

It is important not to use any type of bleaching product to clean your dentures. Bleaching can lead to weakening of the denture as well as making it look unsightly. Do not use very hot water to soak the denture. Again, it can weaken the denture causing it to break.

What should I do if I have a soft lining?

Some people have sensitive gums and may need a softer lining made for their dentures. These soft linings are prone to damage. Avoid the following: Hard brushes, prolonged soaking in bleach.

What if I have a metal denture?

Some commercial cleaning products can damage metal dentures, so it is important to discuss cleaning options with your dentist if you have these. If your denture has clasps, you need to take particular care when cleaning to avoid damage.

Are there any special products I should use?

There are some specialist products available for cleaning your dentures, including special

brushes, cleaning pastes and soaking solutions. However, you should use these carefully and follow the manufacturer's instructions. If you are not sure which products to use, ask your dentist.

Should I remove my dentures at night?

Most dentist recommend removing your dentures at night to give your mouth a chance to rest.

If you remove your dentures, it is important to leave them in water to prevent any warping or cracking.

Can my dentist/hygienist clean my dentures?

Some people do build up tartar on their dentures just as they would on their natural teeth. If plaque is not removed properly, it can react with your saliva and harden into tartar. As with your own teeth, you will not be able to remove this tartar completely yourself and eventually it can make the denture uncomfortable and unsightly. Your dentist/hygienist will be able to remove this tartar using a professional cleaning machine.

What can I do about staining?

Like natural teeth, dentures can pick up staining every day. This is especially true if you smoke, or drink a lot of tea, coffee or red wine. In most cases you should be able to remove this staining with regular cleaning. However, more stubborn stains may take a little more cleaning, which your dentist should be able to help with.

Do I still need to see the dentist?

It is important to visit your dentist regularly even if you don't have any of your natural teeth. Dentist do not only check teeth, but also the soft parts of the mouth, including the tongue and cheeks. These examinations are just as important, so the dentist can spot any infections, mouth conditions or even mouth cancer at the earliest stages. Your dentist will be able to tell you how often you should visit.