

Introduction

- Your dentures need care in the same way as your natural teeth in order to keep both the dentures in good condition and your mouth healthy.
- Initially there may be some difficulty in wearing the denture. If this is the case your dentist can recommend a fixative that can be used for a short time to help you adapt to your new teeth. In most cases with a well fitting denture this is not necessary.
- It is not uncommon for the mouth to initially feel sore. Your dentist may be able to adjust the denture to make it more comfortable.

Denture Hygiene

- ◆ As with natural teeth plaque, tartar and staining can accumulate on a denture. It is important to ensure that the denture is as clean as possible at all times. The presence of the denture in your mouth, however well designed, will increase the amount of plaque that forms around your teeth.
- ◆ **A twice daily cleaning routine is the minimum. In addition it is advised to clean debris from you denture after eating.**
- ◆ This should involve brushing with a soft tooth brush, out of the mouth and paying close attention to the fitting surface. A small tufted brush may also be necessary if your denture has intricate components such as clasps. Diligent cleaning is required in these areas since this is also the area in which the denture and teeth meet. It is important to keep the dentures moist when not wearing them by leaving them in water or a soaking solution.

- ◆ **After brushing the denture the denture can then be soaked for ten minutes in a very dilute bleach solution or in a proprietary solution such as Steradent™ or Dentural™. Do not use bleach with metal dentures.**
- ◆ Water should be cold. Dentures should not be placed in hot or boiling water since this will bleach the acrylic and can cause distortion.
- ◆ **Be careful not to drop or squeeze your denture since this may cause cracking.**
- ◆ If you are unsure about the effectiveness of your cleaning then a disclosing solution can be used to show the plaque on the denture (and the natural teeth). This can be painted on outside the mouth, or a disclosing tablet can be chewed in the mouth before removing the dentures.
- ◆ **If your dentures are cobalt / chrome (metal based) dentures, any cleaning solutions containing bleach should be avoided since this will tarnish and corrode the metal parts.**
- ◆ If you have been using a fixative to help hold the dentures in place then this should be completely removed, cleaned thoroughly before replacing.
- ◆ **If your denture has a soft lining then this can need special care and more regular replacement – again your dentist can advise.**
- ◆ Failure to keep your teeth and dentures clean can lead to bad breath, gum disease, decay in natural teeth and consequently further tooth loss.

Should you wear the denture at night?

It is important to adhere to the advice of your dentist. In most cases it is essential to remove the dentures at night to prevent damage to the teeth and gums. Removing your dentures will allow time for the mouth to recover from supporting the denture during the day. It will also reduce the risk of infections particularly on the roof of the mouth.

When to replace dentures.

- Over time shrinkage occurs in the gum that supports the denture.
- Dentures will normally last between three and five years before the denture should be replaced. It is important that this is done since a poorly fitting denture can damage your other teeth. Your dentist can monitor the situation with six monthly check ups for partial denture wearers and annual check ups for complete denture wearers. This will also allow the dentist to check your mouth for any other changes.
- If any other questions arise regarding your dentures, please contact the practice for advice.

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Caring for Your Dentures

Information and Advice Leaflet

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