



## FAMILY DENTISTRY

### CARE GUIDE FOR DENTURES

- ▶ After soaking, lightly brush denture with a denture brush or soft bristle toothbrush. You can use an ADA approved denture cleanser or a mild dishwashing soap to clean denture. Do not use toothpaste as it can be too abrasive for the acrylic. Be sure to brush your denture to prevent calculus build-up and staining.
- ▶ Dentures and denture teeth will break if dropped! To prevent this, brush over a folded towel or a sink filled with water.
- ▶ Dentures should be removed, rinsed, and placed in water or cleanser while you sleep. Your gums and oral tissues will remain much healthier if they are allowed to "breathe" for a while each day. If not while sleeping, remove your dentures for at least 30 minutes a day.
- ▶ For optimal oral health, make sure you are massaging your gums in the morning and evening with a soft bristled brush.
- ▶ Never wrap your denture in a tissue or napkin, as too many times these get thrown away.
- ▶ Always keep your dentures moist. Never let them dry out as it could distort the fit.