



## **Denture Care Instructions**

1. **Your denture may require adjustments** – You may be required to return to our office for one or more follow up appointments soon after receiving your denture for any necessary adjustments. It is normal to need these adjustments to make sure your denture fits as perfect as possible. Never attempt to adjust or repair your denture yourself.
2. **Brush your dentures daily** – Just like regular teeth, dentures must be brushed daily to remove food and plaque. However, you do not want to use toothpaste when brushing dentures, since this could create small scratches in the teeth where food could build up. Also, make sure to use a brush specifically created for dentures, or a tooth brush with very soft bristles. In between brushings, rinse dentures between every meal.
3. **Clean with a denture cleaner** – You may clean your dentures with hand soap or mild dishwashing liquid, but avoid using household cleaners or toothpastes to clean your dentures because they are too abrasive. Also avoid using bleach to clean your dentures as this may whiten the pink portion of the denture. You may also use brand name cleaners such as Efferdent or Polident tabs to soak your dentures in.
4. **When not wearing, take proper precautions** – Denture should never be placed in hot water, this may warp them. When you are not wearing your dentures, make sure to soak them in cleaning solution or cold water. It is also important to handle your dentures with care. Stand over a folded towel or full sink of water when handling, to ensure that you do not accidentally drop and break them.
5. **Continue routine dental visits** – Your dentist will advise you how often you should continue to see them. Even if you have full dentures, it is still important to see your dentist on a regular basis to ensure for signs of oral disease such as cancer.