



Denture Care

Should I wear my denture to bed?

Leave your denture out at night.

- This will give your mouth a rest from the pressures of the denture.
- Allow saliva to circulate more freely in your mouth.
- Help prevent gum irritation and infections.

If you do not feel you can take your denture out at night, please discuss this with your dentist so we can give you further advice. At the very least, try to leave your denture out for a few hours a day.

Should I clean my dentures?

Yes! Daily cleaning of your denture is necessary to prevent build-up of plaque, food debris and staining which can cause not only an unsightly appearance and malodour but also irritation and infection of the mouth.

Poor denture hygiene can cause oral thrush and an overgrowth of tissue beneath the denture – cleaning dentures reduces the risk of oral thrush and gum disease.

Research shows that brushing and soaking dentures overnight in sodium hypochlorite is effective in killing bacteria or fungus growing on dentures and therefore prevents oral thrush.

How do I keep my dentures clean?

Step 1: Rinse with water after every meal.

Step 2: Clean dentures morning and night with mild soap and water using a denture brush or toothbrush – this will help remove debris. You must take your denture out to be able to clean all its surfaces.



Step 2: Soak in denture cleaning solution every evening

Plastic (acrylic) dentures: Dentures should be left out and soaked in sodium hypochlorite (such as Milton or Dentural) for at least 20 minutes, before rinsing and leaving in plain water for the rest of the time.

Dentures with metal parts: Should be soaked in chlorhexidine mouthwash for at least 20 minutes, before rinsing and leaving in plain water for the rest of the time.

Rinse dentures well with cold water after soaking

Step 3: Do not wear your dentures overnight

Soak your dentures in cold water after soaking in either water-sodium hypochlorite or chlorhexidine.

Important precautions when cleaning your dentures

- Your dentures can break if dropped, so try to clean them over a sink full of water or a soft towel to prevent breakage.
- Inappropriate use of denture cleaning agents may damage your dentures. Follow your dentist's advice and manufacturer's instructions when using denture-cleaning products. This includes:
 - Never use boiling hot water or very hot water – as this may bleach the colour or distort the denture.
 - Never place the dentures in the dishwasher to clean them.
 - Alkaline hypochlorite (e.g. Miltons, Dentural) can damage metal parts of dentures, especially if soaked for longer than 10 minutes.
 - Do not use acid cleaners (e.g. Denclen) with dentures that contain metal components.
- Soap will gently clean your dentures. Some toothpastes and denture cleaning pastes may be too abrasive. Check with your dentist before using alternative products.
- Household cleaners, scouring pads/powders and bleach can damage your dentures.
- Hard brushes or abrasive instruments may scratch your denture.



How can I clean away persistent stains or hard build-ups (tartar)?

- If your denture has no metal parts, you may try soaking it overnight in a cleaning solution. You may try an acid denture cleaner (e.g. Denclean).
- Your dentist may be able to clean away stubborn deposits and provide further advice.

What else can damage my denture?

- Acrylic (plastic) and metal components of denture are carefully engineered and fragile. They may be damaged by rough handling or if dropped.
- Follow your dentist's instructions on how to remove and insert your denture. Be particularly careful not to force or distort clasps.
- Do not apply excessive pressure or try to bend any parts of the denture.
- Do not attempt any repairs or adjustments to your dentures but seek your dentist's help.
- If your denture becomes ill-fitting or you are having difficulties in taking it in or out of your mouth, please speak to your dentist.

How do I store my dentures when I'm not using them?

After cleaning your denture, store in cold water to prevent it drying out which could cause it to crack or warp. Your dentist can advise you whether it is worth storing old dentures in this manner for use in emergencies.

How do I care for my gums and remaining teeth?

Wearing false teeth encourages food and plaque accumulation around remaining natural teeth and reduces the cleansing effects of saliva in your mouth. This puts these teeth at risk.

If your denture depends on remaining teeth to help support and secure it in place, decay or loss of these teeth can adversely affect its fit and may even necessitate a new denture being made.



- **Clean all surfaces of your natural teeth** thoroughly (with your dentures out). Use a fluoride toothpaste and follow all advice regarding brushing and flossing and mouthwash use as suggested by your dentist/hygienist.
- Eat a balanced diet and follow all dietary advice particularly regarding **limitation of sugar intake** to help prevent decay of your natural teeth.
- Gently brushing your palate, gum ridges and tongue and use of mouthwash can help keep your mouth fresh.

How often should I visit the dentist?

Regular dental check-ups are necessary to check your oral health and condition of your denture even if you have no teeth left! Our dentist can advise you on how often you should come for check-ups and visit the hygienist depending on your personal needs.

What should I do if I break my dentures?

Contact the surgery and bring the dentures and any broken pieces with you. Sometimes it is necessary to take an impression of your mouth in order to repair your denture. We can normally get your dentures repaired and back to you very quickly - within 1-2 working days.

Please consult your dentist if you have any further problems, questions or concerns.