

## Caring For Your Dentures

Taking good care of your dentures is just as important as taking care of your natural teeth. To keep your dentures looking sparkling white and clean, you need to keep up with your daily maintenance.

### Cleaning Your Dentures

You should brush your dentures every day with a soft bristled toothbrush to remove food and plaque. The same goes for your gums and tongue. Just like your natural teeth, dentures also need some flossing for hygiene purposes. Leaving bits of food in between the teeth creates a breeding ground for bacteria. Dentures are very delicate and can break easily if they are dropped. When cleaning your dentures, always hold them over a soft towel or fill your sink with water. You don't want to drop them in the sink. They can break if dropped on a hard surface, or they might end up down the drain.

### Storing Your Dentures

Dentures can become warped if they dry out or are placed in hot water. When you are not wearing them, your dentures should always be kept in water (not hot) or in a denture solution recommended by your dentist. Keep them away from children and pets.

### Tips on Taking Care of Your Dentures

- Never wrap your dentures in a paper towel because they could easily get thrown away.
- Never use household products to clean dentures other than mild dish soap or liquid hand soap.
- Always keep your dentures out of reach of children and pets; kids love to play with them and dogs love to chew on them.
- With a lack of moisture, dentures can warp. Some dentures have a metal base. Do not let those sit in their cleaning solution for more than 15 minutes.
- If your dentures feel uncomfortable in any way, go to your dentist and ask for an adjustment.
- Some foods can stain your dentures, so be selective of the foods you eat.
- Keep a spare denture handy, just in case one becomes damaged.
- Store your dentures in a dental solution.
- You may use a denture adhesive to keep your dentures in place.



When you first receive your dentures, you may have to wear them almost all the time to allow your mouth to get accustomed to them. After a few weeks, you can begin removing your dentures when you go to sleep at night. Visit your dentist if your dentures are uncomfortable and hindering you from enjoying your meals. You should not feel pain when wearing your dentures while eating.