Denture Care Tips

Proper denture care is important for both the health of your dentures and mouth. Here are some tips:

Removing Your Dentures:
• Swish your mouth with warm water or mouthwash.
• To remove a partial denture, place your thumb against the backside of your front teeth and press upward and outward toward your nose. To remove your lower denture, slowly pull on your denture while applying a rocking motion.
• Be sure to keep your dentures moist when your aren't wearing them. This will keep them from drying out and losing their shape. Store your dentures in a denture cleanser solution such as Polydent, Fixodent, or in water. Never place your dentures in hot water; this can cause them to warp.
• If your denture has metal attachments, talk to your dentist about how it should be cared for. Placing this particular denture in water can cause the metal pieces to tarnish.

Cleaning Your Dentures:
• Clean your dentures every day. Cleaning dentures daily with a denture brush and soaking them in cleanser solution will keep your dentures looking white and bright, while preventing plaque build-up and denture odour. Daily brushing also helps prevent the development of permanent stains on the dentures.
• Rinse and brush your dentures in clean, warm water with a denture brush. Using Polydent Fresh Active Denture Cleanser is also recommended.
• When cleaning dentures, don't brush too hard. You can moisten the denture brush to avoid damages or scratches to the denture surface.

After Cleaning Your Dentures:
• Brush your gums, tongue, and natural teeth with a fluoride toothpaste, such as Crest or Colgate, and floss between your teeth before reinserting your dentures. This will help remove plaque from your teeth, stimulate circulation in your mouth, and help maintain good oral health.
• After brushing, rinse with mouthwash.

Other Useful Information:
• You should not wear loose dentures. Have them checked immediately. Loose dentures can cause excessive friction and pressure toward the gum tissue and bones, resulting in painful sore spots and bone shrinkage.
• Dentures can change shape if they dry out. When not in use, store them in water or cleansing solution.
• Worn and stained dentures can make you look older and cause your dentures to function poorly.
• Never try to adjust your dentures yourself. This might cause harm to your mouth or damage to your dentures.
• Remove dentures at night, unless instructed otherwise.

Your mouth is constantly changing. Inspect your dentures regularly for worn teeth. Be sure to visit your dental professional regularly as part of your recommended check-up schedule.