

DENTURE CARE TIPS

Denturist: Thuy Nguyen • Dentist: Dr. Sharma/Reiss

THREE DENTURE CARE TIPS

Your dentures will last longer and fit better if you take proper care of them. Keep these points in mind to keep your dentures in top shape:

Clean dentures daily: Brush your dentures each day the same way that you would brush your teeth, with one key difference: Skip the toothpaste. Many commercial types of toothpaste can damage dentures. Instead, use a soft-bristle denture brush, designed specifically for cleaning dentures, and water to brush all surfaces of the dentures, but be careful not to bend any attachments. Rinse your dentures with water after each meal. You can buy specialized denture cleaners for soaking dentures, but soaking is not a substitute for brushing—you need to brush the dentures to remove plaque.

Treat dentures right: Fill the sink with water or place a folded towel in it when handling your dentures, so you do not break them if they should fall into the sink. When you are not wearing your dentures, let them soak in cool water or a denture cleaning solution to keep them from drying out. Be careful of cleaning solutions if your dentures have metal attachments—the solutions could cause the metal to tarnish. And do not soak dentures in hot water—they could warp.

Remove your dentures (full or partial) every night: This allows the gum tissue beneath them a chance to rest.

HOW TO CLEAN DENTURES

Plaque can form on dentures, just like natural teeth. If they are not removed every day, your dentures may look less white and bright. It is also important to clean your dentures with a denture brush and soak them in a cleanser solution daily to avoid odor.

1. Clean your dentures over a sink filled with water to avoid damage if you drop them.
2. Rinse dentures thoroughly in warm water to remove any loose food particles.
3. Use a denture cleanser. (Conventional toothpaste,

bleach, vinegar and soap are not designed for denture cleaning and could, in some cases, cause damage. Scratched dentures will harbor unsightly plaque bacteria, causing denture odor. Harsh products like bleach may even turn the pink parts of your dentures white.)

4. Moisten a denture brush (not a soft-bristle toothbrush) to clean all surfaces of your denture gently. Brushing too hard can damage any plastic or metal parts. Rinse and brush in clean, warm water.
5. Brush your gums, tongue and natural teeth with a fluoride toothpaste before reinserting your dentures. This will help remove plaque from your teeth, stimulate circulation in your mouth and help maintain good oral health.
6. Rinse with a mouthwash after brushing to give your mouth a refreshed feeling.

HOW TO REMOVE DENTURES

1. Swish your mouth with warm water or a mouthwash.
2. Fill the sink with warm water to avoid breaking the dentures if they are dropped.
3. Remove your top denture by placing your thumb against your front teeth and press upward and outward toward your nose.
4. Remove your lower denture by gently pulling on it while applying a rocking motion.

If you take care of your dentures, you should be able to use them for five to seven years before you need to replace them. It's important to see your dentist every six months to check the condition and fit of your dentures and to look for any signs of irritation or [gum disease](#) so they can be treated immediately.

**DO NOT HESITATE TO CALL
THE OFFICE IF IN DOUBT**

Office: 905.356.1900

Emergency Contact: 905.325.1998

Email: info@pinewooddentalcare.com



8302 MacLeod Road,
Niagara Falls, ON L2H 0Y7

Tel: 905.356.1900

Fax: 905.356.1901

pinewooddentalcare.com