

# DENTURE CARE



**Dentures build up plaque and tartar just like natural teeth**



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## Helpful Hints

1) **Dentures should be thoroughly cleaned everyday.**



2) **Soaking dentures in cleaning solution about 30 minutes before brushing** will loosen tarter and plaque.

3) **Brush dentures with a denture brush and liquid soap or a foam denture cleaner.** These cleansers are

not abrasive and will not scratch the denture. Strong bleach, harsh cleansers and toothpaste can scratch the surface of dentures. Scratched surfaces allow bacteria to accumulate more easily.

4) It is ideal to **leave dentures out all night if possible or 1-2 hours per day minimum.**


This will let gums rest and helps prevent denture stomatitis (inflammation). Dentures can be stored overnight either dry or in a mild cleanser to minimize bacteria production. Dentures that remain out of the mouth for prolonged periods of time may distort.

5) **Clean denture cup at least once a week.**

6) **Change denture brush on a yearly basis and denture cups as required.**




## Denture Care 101:

 **Remove and clean dentures, check and brush the oral cavity daily.**


- Get the resident to take the dentures out themselves (if possible)

- Otherwise, to remove denture, put finger to the back of the denture and gently push it down and pop it out

 **It is important to remove dentures, even when the patient refuses.**

- You may have to try at different times throughout the day, but the dentures must be removed every day

 **Check dentures for broken or cracked areas and check the mouth for any oral concerns.**

 **Gently brush (soft brush) all tissues to stimulate the gums, tongue, cheeks, and palate.**

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