



# DENTURE PRODUCTS

## I N F O R M A T I O N

Proper denture care is important for maintaining dentures, preventing sores, and limiting the amount of bacteria in the mouth. Dentures should be cleaned and cared for daily.

### **GUIDELINES FOR CLEANING DENTURES:**

A denture brush, or a toothbrush (used only to clean the denture), is required for proper cleaning. Denture brushes have very soft bristles and have been designed to clean all surfaces of the denture. **Here are some guidelines:**



- 1)** Line the sink with a wet facecloth or fill it 1/4 full with water. This provides a buffer to prevent damage should the dentures fall while being cleaned.
- 2)** Remove the dentures from the resident's mouth. Place your finger at the back of the mouth by sliding it along the gum line. Loosen dentures by pulling them down from the roof of the mouth or up from the floor of the mouth.

**3)** Hold the denture firmly between the thumb and forefinger of your non-dominant hand. **Never hold a denture or partial denture cupped in your hand -** this increases the likelihood of the denture being dropped. Partial dentures can also be bent this way.

**4)** Rinse the denture to remove any loose debris and saliva.

**5)** Remove any denture adhesive materials that remain on the denture and thoroughly brush all surfaces of the denture.

**6)** Use liquid soap or a foam denture cleaning product and brush for at least 90 seconds and rinse. Never use toothpaste as this may scratch the surfaces of the denture.

**Dentures should be cleaned at least once a day and checked for any broken or worn parts.**



### **REMEMBER!**

- ★ Always clean dentures over the sink
- ★ Toothpaste is abrasive and will scratch the denture surface
- ★ A scratched denture is more likely to collect bacteria
- ★ Ensure that dentures are moist before placing them back in the mouth to reduce irritation to the tissues

### **DID YOU KNOW?**

*Dentures are made of acrylic - a porous material that can be easily scratched and damaged. Acrylic does not have germ-fighting properties and bacteria can grow on the surface of the denture. This bacteria can cause odors, sores and irritations under the denture.*

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## **SOAKING DENTURES**

Residents should be encouraged to remove their dentures at night to allow the gum tissues to rest. They should be cleaned thoroughly and placed in a soaking solution. Doing a quick brushing without soaking the dentures may not provide the disinfection they require.

Soaking will help to remove hard tartar, debris and bacteria that builds up on the denture. Soak dentures in:

- A) a mixture of one teaspoon bleach and one cup water or,**
- B) commercial denture cleaning solution**

Remember to put the clean denture back into a clean mouth - brush the resident's mouth with a soft toothbrush to remove any debris and to stimulate the gum tissues.

**For residents with dry mouth, products such as water-soluble lubricants can be placed under the denture to help make it more comfortable.**

There are many commercial denture care products available that help reduce scratches and prevent damage during cleaning. These products are usually foam or gels with antibacterial agents that kill odor causing bacteria and micro-clean without scratching.

## **DENTURE COMFORT & ADHESIVES**

Dentures that fit properly should not require adhesive - the natural suction between the denture and the roof or floor of the mouth should be enough to hold them in place. Using a denture adhesive may help prevent irritation caused by a loose fitting denture. Some people feel more comfortable and secure when using a denture adhesive. Denture adhesives come in three forms, paste, powder, or wafers.

**DENTURE PASTE** comes in a tube and is squeezed right onto the denture. It comes in a variety of flavors and strengths. **To properly apply paste to denture:** clean dentures thoroughly and then follow the instructions on the package. Paste can leave an unpleasant residue in the mouth when the denture is removed. **To remove excess paste:** use a slightly rough face cloth to wipe the remaining paste from the mouth or have the resident drink carbonated soda which will dissolve the paste.



**POWDERED ADHESIVES** change the bite less than pastes and are easier to clean off the dentures. **To use a powdered adhesive:** clean and rinse the denture, shake powder onto the denture, and place the denture in the resident's mouth.

**DENTURE WAFERS** are cut to fit the shape of the denture and work better if the denture is more of a snug fit. **To apply denture wafers:** place the strips in the denture and seat properly in the mouth. The saliva will help the wafer adhere to the gum tissue.



Denture adhesives should not be used to compensate for an ill-fitting denture. A denturist or a dentist should be consulted to adjust or relin the dentures so that they fit properly.