

CARE OF DENTURES

INTRODUCTION

Although the overall rate of people without teeth is decreasing, there are still many individuals who wear complete and partial dentures. Proper care and maintenance of dentures is important to insure they will provide good service for many years.

FACTS FOR PATIENTS & CAREGIVERS

- Dentures can be worn throughout the day but should be removed for some time each day, usually at night while sleeping.
- Dentures should be removed from the mouth and cleaned every day with a denture brush and non abrasive denture cleanser or mild dishwashing soap. They should be thoroughly rinsed with water after cleaning. It is a good idea to clean the dentures over a folded towel or sink filled with water to protect them from breaking if they are accidentally dropped.



- When they are not in the mouth, dentures should soak in a container of water.
 - If natural teeth are present, they should be brushed and flossed every day with the dentures removed from the mouth.
 - Denture adhesives can be used on well fitting dentures but should not be used to “glue in” dentures which do not fit properly. A dental evaluation can determine if an adhesive is appropriate or other treatment is needed to correct the fit of the dentures.
 - Denture adhesives should only be used according to the manufacturer’s directions. The smallest amount possible is best. Usually three (lower denture) or four (upper denture) equally spaced pea sized dabs of cream per denture or a thin layer of powder covering the inside surface of the denture is enough. The dentures should not be filled with adhesive.
- Routine professional dental care is important to maintain the teeth and dentures. The fit of dentures can change over time and adjustments or relining may be needed to compensate for these changes. Routine dental care can detect problems with teeth and dentures earlier which may make the corrective treatment simpler. Individuals with no teeth should still see a dentist annually for an oral evaluation.