

## Complete Denture Care Instructions

The dentures you have received are a replacement for your missing teeth. They will attempt to restore support to the jaws, increase your chewing ability and improve your appearance.

**This instruction will assist you to learn how to take care of your dentures.**

**Remove and Rinse Dentures after Eating.** After each meal, run water over your dentures in order to get rid of any loose particles and remove food debris. You can put a folded towel on the counter or inside the sink to make sure that dentures do not break in case you drop them.

**Remove Them Before Bed and Soak Overnight.** It's good to give your mouth and your dentures a break every so often throughout the day. Taking them out before bed, or removing them for at least six hours a day is a good habit to practice. This also allows the tissues in the mouth to recover. And while they're out, keep them soaking in warm water if they have metal clasps, or if not, then submerge them in a special denture cleanser to keep them away from bacteria.

**Rinse Dentures before Putting them in Your Mouth.** Make sure to rinse your dentures thoroughly after using a denture-soaking solution, as it could contain harmful chemicals that could cause pain, vomiting, and burns if swallowed.

**Brush Your Dentures Daily.**

Just like you would with teeth, you must (thoroughly clean your dentures every day) make a habit of daily brushing and denture cleaning with a soft bristled brush. Use a soft denture brush, along with denture cleaner. With a little warm water, gently brush them in circular motions, focusing on each area. It's good to do this over a counter or table with a towel beneath to catch them if they happen to slip and fall.



### CAUTIONS

**Don't Use Sharp Objects.** Avoid using anything abrasive or sharp along your dentures. Items like toothpicks or dental scrapers are not recommended to use on dentures since they can easily slip and damage your mouth tissue.

**Don't Use Whitening Toothpastes.** Toothpastes labelled as "whitening" often contain hydrogen peroxide, which has no effect on the colour of denture teeth.

**Avoid Abrasive Cleaning Materials.** Avoid brushes with stiff bristles, harsh toothpaste, or strong cleansers, as these could damage your dentures.

**Don't Use Bleach-Containing Products.** Any bleaching products could weaken dentures and alter their colour. Do not soak dentures with metal attachments or parts in chlorine solutions, as chlorine could corrode and tarnish the metal.

**Avoid Hot Water.** Hot or boiling water could warp your dentures, – use warm water for denture care instead.