



Looking after your dentures

Taking good care of your dentures helps ensure that they look and feel their best.

Good denture care is a commitment, however once you become used to a new regimen it will become an easy and natural part of your daily oral care routine.

It is also extremely important to maintain a healthy mouth and to look after your remaining teeth.

Full denture wearers should gently brush gums with soft brush and water to keep them in good condition.

Partial denture wearers should clean remaining teeth with a regular toothbrush and toothpaste.

Cleaning your dentures:

- **Brushing**

Brush your dentures with a non-abrasive paste and soft nylon denture brush, taking care to remove any remaining residue

- **Soaking**

Dissolve a suitable cleanser in a glass of fresh lukewarm (not hot!) water and soak your dentures for as long as indicated by the manufacturer. Using a cleanser has the following benefits: Provides a deep clean, removes stains, kills bacteria which can cause bad breath and gum irritation.

- **Rinsing**

Rinse your dentures under running cold tap water. Dry carefully.

Looking after your dentures and maintain good oral hygiene is important so you can maintain a healthy mouth and your dentures last for many years to come. Make sure you regularly visit your dentist. Since your mouth continues to change, many factors such as bones or gums shrinking and losing weight can affect the fit of your denture. If you experience any changes in fit, consult your dentist for an adjustment.