

TIPS AND TRICKS CARE OF DENTURES



Handle dentures with great care. To avoid accidentally dropping them, stand over a folded towel or a full sink of water when handling dentures.



Brush and rinse your dentures daily. Like natural teeth, dentures must be brushed daily to remove food and plaque. Brushing also helps prevent the development of permanent stains on the dentures.



Use a brush with soft bristles that is specifically designed for cleaning dentures. Avoid using a hard-bristled brush as it can damage or wear down dentures.



Gently brush all surfaces of the denture and be careful not to damage the plastic or bend attachments.



Clean with a denture cleaner, many toothpastes may be too abrasive for your dentures and should not be used.



Dentures need to be kept moist when not being worn so they do not dry out or lose their shape. When not worn, dentures should be placed in a denture cleanser soaking solution or in water.



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Cleaning your dentures every day is one of the most important things you can do to help your smile keep its attractive appearance. If you don't, plaque can form on dentures, making them less bright. Plus, failure to clean your dentures regularly can result in staining and denture odor, as well.



FACTS ABOUT DENTURES

- Dentures don't last forever
- Even if your dentures fit perfectly, you should still see a dentist regularly
- No one has to know you're wearing dentures.
- Denture wearers can eat normally
- Denture wearers can speak clearly
- Adhesives can play a role in your denture's fit and comfort
- Over the counter prescription medications can affect dentures
- Never try to repair your dentures on your own

