



DENTURE CARE

DAILY DENTURE AND MOUTH CARE

Many people do not realize the importance of maintaining the health of their mouth after they lose all or even some of their natural teeth. Food debris and bacteria continue to accumulate throughout the mouth, including on the tongue, remaining teeth, and dentures, forming plaque, which has the potential to cause cavities, odours, sores, and irritation. If you wear dentures, it is important to take them out daily for appropriate cleaning (see Helpful Hints) and visit your oral health care provider, including your dental hygienist, regularly to ensure the overall health of your mouth.

DID YOU KNOW?

DENTURES REQUIRE JUST AS MUCH CARE AS YOUR NATURAL TEETH.

HELPFUL HINTS

- Place a towel or face cloth on the bottom of a sink half-full of water to reduce the impact if you accidentally drop your dentures during cleaning.
- Rinse and brush dentures after each meal and before going to bed, using a soft-bristled denture brush with a non-abrasive denture cleanser or mild liquid soap. If you have an implant-supported denture, discuss its specific care needs with your oral health professional.
- Check for any broken, cracked or weakened areas of your dentures. Leave dentures out overnight or for a few hours to allow your gums to rest and to maintain healthy tissues.
- Talk to your oral health professional about the most effective way to store your dentures.
- Brush natural teeth, gums, tongue, and roof of the mouth using a soft-bristled toothbrush.
- Remove plaque in between natural teeth using interdental devices, such as floss or interdental brushes.
- See your oral health professional regularly to maintain oral and overall health and denture integrity.

Dental hygienists can help you to improve and maintain your oral health. In addition, dental hygienists can professionally remove debris from dentures using an ultrasonic cleaner and label your dentures to avoid misplacement if you live with other denture-wearing adults. **Visit your dental hygienist today!**