



Caring for your dentures.

1) Daily Care Routine

- Rinse after eating: Gently remove and rinse dentures under cool or lukewarm water to wash away food debris. Avoid hot water (can warp acrylic and distort fit).
- Brush once daily (ideally twice): Use a soft denture brush or extra-soft toothbrush with a non-abrasive denture cleanser ([hand soap or dishwashing soap is perfect for this, just remember to rinse well after washing](#)). Regular toothpaste is often too abrasive, especially on acrylic.
- Clean your mouth too: Gently brush gums, tongue, cheeks, and any natural teeth with a soft brush and fluoride toothpaste to reduce plaque and fungal overgrowth.
- Soak overnight: Most dentures should be kept moist when not worn. Store in [clean water](#) or a denture container as directed by your Prosthetist. [Don't leave in denture-cleansing solution overnight](#)

2) Cleaning Steps (How-To)

Prepare a safe area: Fill the sink with water or place a folded towel to cushion accidental drops.

Rinse: Remove loose debris under running cool/lukewarm water.

Brush: Use a soft denture brush with a non-abrasive denture cleaner. Clean all surfaces, including the fitting surface, gently.

Soak (if recommended): Use a denture-cleansing solution per label directions. Rinse thoroughly before reinserting.

Rinse and store: After soaking, rinse well and store moist.

[Tip: If you use denture adhesive, remove residual adhesive from the denture and your gums with warm water, gentle brushing, or a manufacturer-recommended remover.](#)

3) Acrylic Dentures — Special Considerations

- Temperature sensitivity: Acrylic can warp with hot water; always use cool to lukewarm water.
- Scratch risk: Acrylic scratches more easily. Avoid regular toothpaste, baking soda, gritty powders, and stiff brushes.
- Stain control: Limit strong pigments (tea, coffee, red wine, turmeric) and tobacco. [Prompt rinsing helps prevent staining.](#)
- Chemical caution: Avoid bleach or chlorine products—they can weaken acrylic and alter colour.
- Fracture risk: Acrylic bases can crack if dropped. Handle over a soft surface.

4) Metal (Cobalt-Chrome/Titanium) Dentures — Special Considerations

- Corrosion/finish: Do not use bleach, vinegar, or acidic/alkaline soaks; they can tarnish or corrode metal components.
- Thermal shock: Avoid very hot water; rapid temperature changes can stress joints or attachments and may loosen acrylic teeth from the frame.
- Attachments/clasps: Brush around clasps and precision attachments carefully to prevent plaque buildup that can compromise fit and grip.
- Mixed materials: Many metal dentures have acrylic teeth/bases—follow acrylic precautions for those parts (no abrasives, no hot water).

5) What to Avoid

- Hot or boiling water (warping, damage to liners/attachments).
- Abrasive cleaners or hard brushes (scratches, especially on acrylic).
- Household cleaners (bleach, ammonia, vinegar, hydrogen peroxide) unless your dentist explicitly recommends a product.
- DIY repairs or bending clasps—this can break metal frameworks or distort fit.
- Wearing dentures dry—can cause warpage and irritation; keep them moist when not in use.

6) Fit, Comfort, and Oral Health

- Soreness or hotspots: New or changing pressure points are common signs that an adjustment is needed—[don't "tough it out. "book an appointment to get the dentures checked and adjusted as needed, soreness that persist after 3 days needs to be adjusted.](#)
- Looseness: Changes in gums and bone happen over time; relines or remakes may be required for a good fit.
- Night wear: Many people are advised to remove dentures at night to let tissues rest; follow your clinician's guidance.
- Fungal overgrowth (thrush): Keep both dentures and oral tissues clean and dry between wear periods; see your dentist if you notice redness, burning, or white patches.

7) Adhesives and Liners

- Adhesives: Use sparingly as directed. [Excess adhesive indicates fit issues—book a fit check rather than increasing the amount.](#)
- Soft liners: Use only cleaners approved for soft-lined dentures. Avoid hot water and harsh chemicals, which can harden or degrade the liner.

8) Storage and Travel

- Daily: Store dentures in clean water or a denture container.

[Don't leave your dentures where your dog can get hold of it, dogs love chewing dentures and will damage it beyond repair.](#)

- Travel: Carry a vented case, travel-sized non-abrasive cleanser, and a soft brush. [Never wrap dentures in tissue \(easy to discard by mistake\).](#)

9) When to See Your Dental Prosthetist

- Persistent sore spots, ulcers, or bleeding.
- Cracks, chips, broken teeth, or bent clasps.
- Sudden looseness, speech changes, or chewing problems.
- Stubborn stains, odour, or build-up despite regular cleaning.
- At least an annual check to assess fit, oral tissues, and professional cleaning/polish.

10) Quick Reference — Acrylic vs Metal Care Differences

- Water temperature: Both avoid hot; acrylic is especially vulnerable to warping.
- Cleaners: Both need non-abrasive denture cleansers; avoid bleach for both, but metal is particularly sensitive to corrosive agents and acids.
- Scratches: Acrylic scratches easily—be extra gentle and avoid abrasives.
- Handling: Metal frameworks are strong but can be distorted if bent; don't adjust clasps yourself.

11) Frequently Asked Questions

- Can I use regular toothpaste? Generally, no—most toothpastes are abrasive. Use a denture-specific cleanser.
- How often should I soak? Daily is typical. Follow the cleanser's instructions and rinse thoroughly before wearing.
- Can I use ultrasonic cleaners? Many dentures are compatible; use water or a recommended solution. Avoid harsh chemicals, especially with metal.
- What if I drop them? Check for cracks or loosened teeth/clasps. If anything looks or feels different, stop wearing and book a repair/adjustment.

This guide is general information, not a medical diagnosis. For personalised advice, follow your Prosthetist's instructions and local product directions. If you'd like this as a printable one-page PDF or an editable Word document, say which format you prefer and I'll generate it.