

OOSTBURG FAMILY DENTISTRY

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HOW TO CARE FOR YOUR DENTURES

Please follow these instructions and call us if you have any questions.

DO

Brush and clean your denture(s) every day. The best times are after meals and at bed time.

Use a denture brush to clean your denture. The bristles are longer and stiffer to reach the crevices of the denture.

Clean your denture with a denture cleaner or toothpaste over a sink about half full of water. The water will cushion the denture in case you drop it and can keep it from breaking.

Soak your denture in water when you remove it at night or for any lengthy time — a dry denture breaks and warps easily.

Continue to brush your palate, gums and tongue. Brushing stimulates circulation in the area, which helps keep the tissue healthy, and keeps your mouth clean and breath fresh.

Call us if the clasps on your Partial Denture become loose. Do **not** adjust them yourself because they can break.

Call us if sore spots occur. Sore spots will not go away by themselves and an adjustment will give you a comfortable fit again.

Have your denture relined every 5-7 years (although Immediate Dentures need an initial reline at 6 months–1 year). Dentures become loose over time due to natural changes in the supporting tissues and must be relined to keep a good fit.

Keep regular dental appointments to check gums, remaining natural teeth, oral health, and the condition and fit of your denture. Make an appointment every 6-12 months if you have a Partial Denture, and every 1-2 years if you have a Complete Denture.

DON'T

Do **not** use your denture brush on your natural teeth. The bristles are too hard and will damage your teeth and gums.

Do **not** adjust the clasps on your Partial Denture yourself because they can break. If they break, the denture will have to be returned to the lab for repair.