

Important Care for your Dentures:

Caring for your dentures and mouth are really important. To keep your mouth healthy and your dentures in good condition it is important that you follow a daily routine.

Full Dentures:

Dentures should be cleaned daily.

Take your dentures out to clean them.

Clean your dentures over a basin/sink of cold water or over a folded towel to avoid damage if they are dropped.

Soap/denture cleaning paste can be used to clean dentures with a toothbrush or soft nail brush.

Clean your tongue and roof of your mouth with a soft toothbrush.

Always put your dentures in a cup/box of cold water when you aren't wearing them to prevent them warping.

Partial Dentures:

Partial dentures should be removed after eating and rinsed under cold water.

If your partial denture has a metal clasp, do not use any cleaning agents which contain bleach (which includes Steradent).

When cleaning partial dentures, remember also to clean and floss your own teeth and gums use a toothbrush with a soft or medium bristles and fluoride toothpaste.

Don't forget to floss your remaining teeth daily.

Dentures Hygiene:

Don't wear your dentures 24 hours a day. This gives your mouth a chance to rest and prevents fungal infections.

Soak your dentures in a specialist cleaner, following the manufacturer's instructions.

Remove your dentures when playing contact sports.

If you get an ulcer/sore in your mouth and it has not healed after 2 weeks you should see your dentist.

If you are wearing dentures and have teeth of your own, you should still visit your dentist annually to ensure your mouth stays healthy.