

Denture Care



If you wear dentures, it is important to keep them clean. Taking care of your mouth, including your gums, will help your dentures fit more comfortably, prevent sores and infections and increase the lifespan of your dentures.

Keep Your Mouth Clean

Clean your mouth at least once a day.

Use a soft washcloth and warm water to clean your gums. Do this in the morning before putting your dentures in or at night after taking your dentures out. Rinse your mouth with warm water after every meal.

Brush your natural teeth twice a day.

For any remaining natural teeth, brush in the morning and before bed with a soft toothbrush and fluoride toothpaste.

Schedule check-ups with your dentist.

Even if you do not have any natural teeth remaining, a dentist can check the fit of your dentures and make sure that your mouth is healthy.

Keep Your Dentures Clean

Clean your dentures at least once a day to remove food and bacteria.

Items you need for cleaning:

- Denture Brush: A soft-bristled brush specifically made for dentures
- Denture Cleanser: A gel or paste specifically made to clean dentures with a brush or a fizzy tablet that is added to water

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- Container: For soaking dentures when they are not in your mouth
- Soft Washcloth: To clean your gums and the roof of your mouth
- Towel: To provide a soft surface (laid over the sink) if you drop your dentures

How to clean your dentures with paste and gel cleansers:

1. Place a towel in the sink to prevent your dentures from breaking if you drop them.
2. Rinse your dentures with room temperature water to remove any food particles.
3. Wet your denture brush and place a small amount of denture cleanser on it. Gently brush all surfaces.
4. Rinse your dentures again before putting them in your mouth.

Remove and soak your dentures every night before you go to sleep.

How to soak your dentures overnight:

- Place your dentures in a container and cover with room temperature water.
- Add one tablet of cleanser to the container and soak your dentures for at least six hours. This lets your gums rest.
- Each morning, place a towel in the sink, and remove your dentures from the water over the towel. Brush your dentures to remove any food particles, and rinse them thoroughly.

Dentures Are Fragile

- **Never** clean your dentures in boiling water.
- **Never** use regular toothpaste on your dentures.
- **Never** clean your dentures in a dishwasher.
- **Never** fix broken dentures on your own. See your dentist right away to repair or replace them.

Contact your dentist or medical provider promptly if you are in pain or need care.

