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Denture Home Care Instructions

Proper daily care will help keep your dentures clean, comfortable, and in good condition.

Daily Cleaning

- **Remove your dentures every night before bed.** Your gums and oral tissues need time to rest without the dentures in place.
- Clean your dentures thoroughly using a **denture brush and water**.
- **Do not use toothpaste** to clean your dentures. Toothpaste can be abrasive and may scratch the denture surface.
- **Do not use hot or boiling water**, as heat can distort the denture and affect its fit.
- Clean your gums, tongue, and any remaining teeth daily with a soft toothbrush.

Soaking Your Dentures

After cleaning, soak your dentures in a denture cleaning solution according to the manufacturer's instructions.

- Some denture cleaners are designed for **overnight soaking**, while others should only be used for **5-10 minutes**.
- If your cleaning solution is intended for short-term use, rinse the dentures thoroughly after the recommended soaking time and then place them in **plain water overnight**.
- Dentures should be kept **moist and stored in water whenever they are not being worn**.
- Always rinse your dentures thoroughly with water after using a cleaning solution and before placing them back in your mouth.

Wearing Your Dentures

- Before placing your dentures in your mouth, **rinse them with water and insert them while they are still wet**. There is no need to dry them.
- After meals, remove and rinse your dentures with water whenever possible to remove trapped food particles.
- Rinse your mouth before replacing the dentures.

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Using Denture Adhesive

If denture adhesive is needed:

- Apply **several small drops or a thin amount** of adhesive to the denture before placing it in your mouth.
- If adhesive oozes out from underneath the denture, **you are using too much**.
- Adhesive may need to be reapplied during the day depending on the product and your individual needs.
- At the end of the day, **all adhesive should be completely removed from both your mouth and the denture** before cleaning and soaking the denture.

Protecting Your Dentures

Dentures can break if dropped. When cleaning them, consider filling the sink with water or placing a folded towel in the sink to help protect them if they slip from your hands.

Do not attempt to adjust, bend, repair, or reshape your dentures yourself.

When to Contact Our Office

Please contact our office if you develop persistent soreness, irritation, or difficulty wearing your dentures, or if your dentures become loose, damaged, or uncomfortable.

Even if you no longer have natural teeth, **routine dental visits are still important**. Regular examinations allow us to evaluate the fit and condition of your dentures as well as the health of your gums and other oral tissues.