



Friel & McGahon Dental,

First Floor, Avenue Road Centre, Avenue Road, Dundalk, Co.Louth

T: 042 933 6214 E: info@frielandmcgahon.ie

www.frielandmcgahon.ie

Proper denture care is important for both the health of your dentures and mouth. Here are some tips.

- **Handle dentures with great care.** To avoid accidentally dropping them, stand over a folded towel or a full sink of water when handling them.
- **Brush and rinse dentures daily, but not with toothpaste.** Toothpaste is abrasive and creates microscopic scratches where food and plaque can build up. Like natural teeth dentures must be brushed daily to remove food and plaque. Brushing also helps prevent the development of permanent stains on the dentures. Use a brush with soft bristles that is specifically designed for cleaning dentures. Avoid using a hard-bristled brush as it can damage or wear down dentures. Gently brush all surfaces of the denture and be careful not to damage the plastic or bend attachments. In between brushings, rinse dentures after every meal.
- **Clean with a denture cleaner.** Hand soap or mild dishwashing liquid can be used for cleaning dentures. Household cleansers and many toothpastes may be too abrasive for dentures and should not be used. Also, avoid using bleach, as this may whiten the pink portion of the denture. Ultrasonic cleaners can be used to care for dentures. These cleaners are small bathtub-like devices that contain a cleaning solution. The denture is immersed in the tub and then sound waves create a wave motion that dislodges the undesirable deposits. Use of an ultrasonic cleaner, however, does not replace a thorough daily brushing.
- **Take proper care of dentures when not wearing them.** Dentures need to be kept moist when not being worn so they do not dry out or lose their shape. When not worn, dentures should be placed in a denture cleanser soaking solution or in water. However, if the denture has metal attachments, the attachments could tarnish if placed in a soaking solution. Dentures should never be placed in hot water, which can cause them to warp.
- **Never attempt to adjust or repair dentures yourself.** Never bend any part of the clasp or metal attachments yourself; doing so can weaken the metal structure. Dentures that don't fit properly can cause irritation and sores in the mouth and on gums. Be sure to contact us if your denture breaks, cracks, or chips or if one of the teeth becomes loose. Oftentimes, we can make the necessary adjustment or repair the same day or by the following day.
- **Even with full dentures, it is important to brush your gums, tongue and palate** with a soft-bristled brush every morning before putting the dentures in. Pay special attention to cleaning teeth that fit under the denture's metal clasps. Plaque that becomes trapped under the clasps will increase the risk of tooth decay. If you wear a partial denture, be sure to remove it before brushing natural teeth.
- **Regular dental visits are important** so that your dentures and your mouth can be examined to ensure proper denture fit, to look for signs of oral diseases including cancer, and to have teeth professionally cleaned. Overtime your denture may need to be relined or replaced.