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DENTURE HOME CARE – SPECIFIC INSTRUCTIONS FOR IMPLANT-RETAINED DENTURES

When you have an implant-retained denture, you will need to care properly for both your denture and your implants.

- Try to remove your denture to clean thoroughly after your meals.
- Rinse your appliance under warm running water to remove any food particles.
 - **Optional:** Gently brush your appliance with a soft denture brush using **water only**. Rinse again.
- Continue to brush your natural teeth and gums as you normally would, or advised by your dentist.
- Make sure to brush your implants with toothbrush and toothpaste at the same time, at least once a day. Plaque can build up on the denture and the implants in the same way it does on your teeth, so it is important to remove this plaque from teeth, implants and dentures daily to maintain good oral hygiene and help prevent bad breath.
- We recommend that you do not wear your dentures at night, as the gum tissue needs to rest and allow normal stimulation and cleansing by the tongue and saliva in order to promote better long term health of your gums. However, if you find it more comfortable to leave them in overnight, this is OK providing they have been thoroughly cleaned first.
- When possible, keep your appliance in water or a denture solution when you are not wearing it.
- Soak the dentures in warm water and a denture cleaner such as Steradent tablets or similar. **FOLLOW THE DIRECTIONS ON THE PACKET FOR THE PRODUCT YOU PURCHASE.**
- Be sure to rinse the denture thoroughly after soaking and brushing before you put it back into your mouth.
- The retaining o-rings have an average lifespan of about nine months to a year before they wear out and your denture starts to feel loose, and you should make an appointment to have them checked annually as a minimum. If your denture starts to loosen before that, however, please make an appointment to come in straight away.
- **Please be aware that you should NEVER try to “bite” your denture into place! If you have not aligned the denture quite correctly, you will almost certainly squash the o-rings and they will not retain properly. You will be shown how to insert and remove your denture, but please do not hesitate to call us if you find you cannot quite manage it when on your own.**

DO NOT use bleach, toothpaste or similar cleaning products – these may scratch or discolour the surface of your appliance, and are harmful to both the denture material and the o-rings.

CAUTION: Do not put powder or powder solution in your mouth.

DO NOT TRY TO MAKE ADJUSTMENTS OR REPAIRS YOURSELF