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## DENTURE HOME CARE

- Clean your denture/partials thoroughly twice a day with a denture brush and a non-abrasive denture cleaner. Regular toothpaste is TOO ABRASIVE for denture care.
- Dentures are fragile, so it is important to handle with care.
- The early weeks of denture wearing can be quite a challenge sometimes as you adjust to them. In addition to trying other brands or amounts of adhesive, you may try various finger positions and ways to dislodge your denture (i.e.- try pulling on only the left or right side of the denture to remove it). Also try placing your thumb against the front teeth and press upward and outward towards your nose. Another often useful trick is to place a finger inside each of your cheeks and pull out and laterally (so that you look like a chipmunk!). This stretches your cheek muscles and may break the seal of your denture. Soon you will be able to place and remove your denture without even thinking about it.
- To remove lower denture, slowly pull on the denture while applying a rocking motion.
- Do not use alcohol, abrasive cleaners, bleaches or whiteners as they may scratch the surface of the denture and harsh products like bleach which will turn the pink parts of your denture white.
- Do not use boiling water, dishwashers or microwaves to clean or soak your denture because it will warp them.
- Rinse your denture after every meal.
- Do not wear dentures at night. 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.
- Soak denture/partial in warm water or a denture cleaner (ValClean, FDC, TCS or Steradent tablets). **FOLLOW DIRECTIONS OF THE PRODUCT YOU PURCHASE.**
- You may also leave them out during the day. If you do place them in water to keep them moist so they will not dry out.
- Massage your gums in the morning and evening with a thumb or finger, or use a soft bristled toothbrush.
- Brush your gums twice a day to stimulate the gums and keep them firm.
- Rinse your gums after each meal to decrease irritation from bacteria.
- Scratched dentures will harbour plaque which causes bad odours.
- If you wear a partial denture, make sure to clean the area around the clasps, as trapped food particles and bacteria may cause the abutment teeth to be more susceptible to decay.
- You need to have your regular **periodic exam** in order for us to examine your gum tissues for signs of disease or **cancer**. As you age, your mouth will continue to change as the bone under the denture shrinks or recedes. Loose dentures make it hard to eat and speak and do not correctly support the face.
- Remember, new dentures should be obtained approximately every 4 - 6 years or when the dentures cannot be used comfortably.

**REMEMBER: DO NOT MAKE ADJUSTMENTS OR REPAIRS YOURSELF**