



### **Care, Cleaning & Maintenance**

Proper care can keep both your dentures and your mouth in good shape. These tips will help you learn the correct way to clean, handle and store your dentures.

**Cleaning:** You should brush your dentures twice a day using a product made for dentures. There are several options in the denture aisle of your local drug store. If you use a product which soaks the dentures, you still have to brush them. Try not to use toothpaste as toothpastes contain abrasives that can scratch your dentures, thus encouraging the build-up of plaque and calcium. **Do Not Use Bleach** or other household products, other than a mild liquid dish or hand soap.

**Storage:** Store dentures in a denture cup with a small amount of water. Dentures can become warped if they dry out or are placed in hot water. **Always keep your dentures out of reach of children and pets.** Children love playing with them and dogs love to chew them.

**Caring for Your Gums:** Appropriate action should be taken to ensure the health of your gums. Failure to take proper care of your gums may result in ill-fitting dentures. **You should brush and massage your gums every day** with a soft bristle toothbrush—try a baby toothbrush or use a warm wash cloth. It is advisable to remove your dentures at night. If this is not possible due to TMJ problems or if you feel uncomfortable without your dentures, remove them for a few minutes every day to let your gums breathe. It is advisable not to smoke as it will irritate your gums.

**Breakage:** Denture fractures and tooth breakage are a common problem experienced by many denture wearers. It is recommended that you have a spare set of dentures in case you damage your existing denture. **Do not Try to Repair or Glue the Denture Yourself**, bring the denture (and pieces) to your dentist. Gluing your denture may result in the inability to repair the denture, or a more expensive fix.

**Handling:** Dentures are delicate and can break easily if dropped. When holding your dentures, always hold them over a soft towel or fill your sink with water.

### **Dentures Need Relining**

Your mouth is in a constant state of change. Gum resorption can start before your teeth are extracted and continues for the rest of your life. Therefore, your denture stays the same size and your gums become smaller. The rate of change is different for everyone as it can depend on a person's quality of health, medications, diet, genetics or existing denture fit. Regular dental check-ups and relines will improve the fit of your existing denture and the health of your gums as your dentist can adjust your denture as your mouth changes.

### **When Dentures Need Replacing**

Denture teeth wear faster than natural teeth. Over time, your "bite" will change as your teeth wear down. Your jaw will "over close" and your chin will appear closer to your nose. This can result in jaw pain



and will lead to TMJ problems and the inability to chew your food properly. Regular check-ups will enable your denturist to determine if your teeth need replacing.

**Dentures should be replaced every 5-10 years.**

**Dentures may need relines every 2-5 years.**