



Soft Reline Care, Cleaning & Maintenance

Hygiene, Care & Cleaning

These tips will help you learn the way to clean, handle and store your soft liner.

- Remove the denture after each meal and rinse it well using tap water.
- Rinse also your mouth carefully especially after drinking fruit or vegetable juices.
- At least once daily the denture must be thoroughly cleaned, removing all plaque. This is best done using a liquid soap and soft tooth-brush.
- Also, commercially available denture cleaning liquid may be used—however **do not immerse the denture for more than 10-15 min.** to avoid discoloration.
- At night the relined denture should be removed, cleaned and stored in a dry place.
- Frequent consumption of tea, coffee or wine may cause discoloration of the denture.

Special note to smokers:

Tobacco-containing products may cause irreversible discoloration of the relined denture! It will turn black.

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. Glueing 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 they are dropped. When handling 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 restoration 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 denture 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 dentist to determine if your teeth need replacing.

Dentures should be replaced every 5-10 years

Dentures may need relines every 2-5 years