

Denture Care

You have been fitted with a denture. Dentures lead to a rapid build-up of plaque in your mouth and if they are not cared for correctly can lead to tooth decay, gum disease, fungal infections, bad breath, loosening of further teeth and looking extremely unattractive.

It is important that you follow the advice below relating to your denture:

- 1) Remove the denture after every meal (if possible) and clean debris from the surface by brushing with a soft toothbrush, soap and cold water. Do NOT scrub the denture with a hard toothbrush or abrasive toothpastes (whitening) as it damages the plastic.
- 2) Clean the denture over a sink of water so it will not break if dropped
- 3) Do not flex the denture between your fingers when cleaning as this can lead to its fracture
- 4) Do not use hot water cleaners as this will cause it to discolour
- 5) If you have your own natural teeth it is important that you keep them clean through regular toothbrushing especially around the teeth next door to the denture.
- 6) Do not leave the denture in at night unless told to do so by a dentist. This helps prevent fungal infections.

The methods of caring for your denture relate to which type of denture you have.

ACRYLIC DENTURE

- Soak denture in alkaline hypochlorite (**Milton** or **Dentural**) for 20 minutes in the evening
- Rinse thoroughly with cold water
- Soak in a cup of cold water overnight

METAL AND ACRYLIC

- Soak denture in an alkaline peroxide solution (**Steradent**) for 15 minutes in the evening

OR

Soak denture in alkaline hypochlorite (**Milton** or **Dentural**) for 10 minutes in the evening

- Rinse thoroughly with cold water and soak in cold water overnight
- Do **NOT** use acid cleaners (eg. DENCLEAN)

TEMPORARY SOFT LINING MATERIALS

- Soak denture in alkaline hypochlorite (**Milton** or **Dentural**) for 20 minutes in the evening
- Rinse thoroughly with cold water
- Do **NOT** use alkaline peroxide cleaners (eg. Steradent)

PERMANENT SOFT LININGS

- Soak denture in alkaline hypochlorite (**Milton** or **Dentural**) for 20 minutes in the evening
- Rinse thoroughly with cold water
- Soak in a cup of cold water overnight

If you have any queries please ask your dentist for advice.