

Denture Care

For the first 24 hours:

Upon institution you keep your dentures in for the first 24 hours to apply pressure on the surgical sites – this will also help to reduce swelling and bleeding. It is important to keep them in. It is common to have some blood mixed saliva on the day of the extraction.

After 24 hours:

Remove/rinse your denture after each meal. Rinse your mouth as well with a warm salt water solution before replacing the denture.

Clean your denture every day using a toothbrush and denture cleaner. Carefully brush between the teeth, and also brush the inner surfaces in contact with the gums. Rinse thoroughly under running water.

**** if soaking- DO NOT soak longer than 15 mins.**

If the denture is too loose or too tight, or you notice any sore spots developing, contact the dentist or denturist who made the dentures for you and arrange to have them adjusted.

Partial dentures – Thoroughly clean your denture with a toothbrush and denture cleaner after each main meal. Carefully brush the areas between the teeth, the surfaces next to the gums, and especially the parts that come into contact with your own teeth. Brush your own teeth. Partial dentures should be worn at night.

To avoid damaging your denture, remember the following points:

- Placing dentures in a cleaning solution is not enough to remove plaque.
- Never clean the denture with pure alcohol, nor immerse the denture in it
- Never use soap powder, detergents, or dishwashing products to clean your denture.
- Never use hot or boiling water to clean your denture.

Your denture will maintain its shape, but your jaws may be subject to change. The fit of the yearly denture should be checked by your dentist/denturist, to ensure the tissues are healthy. If a problem with your denture arise, don't try to fix it yourself. You may damage it or harm your jaws.