



Denture Care

- Dentures must be properly cleaned and cared for to keep them looking and fitting their best. They should be removed and rinsed after eating each meal.
- With a stiff bristled brush, clean dentures using mild soap or dishwashing liquid. Toothpaste IS NOT recommended to clean dentures. Don't forget to clean your mouth and gums with a soft bristled brush as well, this will help your mouth stay clean and clear of debris.
- Please be aware that tea, coffee, and smoking are all major factors to the staining of dentures.
- Dentures should be soaked overnight. They need to stay moist to keep their shape. You should NOT wear dentures to bed. It is important that your gums have a chance to relax and breathe.
- Sore spots may occur over time with your new denture. Please see your dentist to have them adjusted as needed. You can use an over the counter rinse such as Peroxyl or Rincinol for aid in healing. (Please DO NOT adjust dentures yourself)
- Don't forget to schedule regular checkups with your dentist. Your dentist can help ensure proper fit to prevent slippage and discomfort.