

CARE OF DENTURES AND PARTIALS

Dentures and partials (dental appliances), like natural teeth, need to be cleaned daily to remove food debris and bacteria, prevent mouth odors and maintain appearance. A combination of rinsing, brushing and soaking works best.

RINSE after meals. Rinsing will remove food debris from the appliance and keep the denture and your mouth clean. Use lukewarm water. Never use hot water as this may warp the denture and alter its fit.

Hold the denture firmly when brushing. To prevent breakage while cleaning dentures, fill the sink halfway with water, or line the sink with a washcloth or towel. When brushing a partial, make sure all clasps are thoroughly cleaned to protect the areas on teeth and gums where the clasps rest.

SOAK dentures at least two or three times weekly. Effervescent or other - cleaning solutions may be used on a regular basis. These solutions will remove only soft debris and not heavy stains or calculus (a hard white deposit), which our ultrasonic cleaner will remove at your periodic checkups. **Soaking should not replace brushing.** After soaking your dentures, rinse them thoroughly before reinserting them.

CARE OF THE SOFT TISSUES

The soft tissues of the mouth should be cleaned on a regular basis. Daily brushing with a soft-bristled brush will remove food debris and bacteria, stimulate circulation and increase resistance of tissues to trauma. To "rest" the tissues, keep the dentures out of your mouth several hours each day, or overnight.

FIT OF DENTAL APPLIANCES

Dentures should fit comfortably. Loose fitting dentures can irritate the underlying soft tissues causing sore spots or mouth calluses. Check your mouth routinely for sore spots. If you develop any sore that does not heal within two weeks, call our office. At your periodic re-examination visit we will do a complete oral cancer screening of the soft tissue, make any adjustments that are necessary, and clean your dentures with our ultrasonic technology.

Do-it-yourself denture reliners and repair kits should never be used. These products can warp the denture or make it too tight, which puts abnormal pressure on the underlying bone. This can cause shrinkage, which can further alter the fit of the denture. In time, enough shrinkage will have occurred to make it impossible for any denture, even a new one, to fit properly. Do-it-yourself reliners can irritate the gum tissues, tongue, and cheeks. Constant irritation can lead to sores and even the development of cancer.

The use of denture adhesive is acceptable only with the doctor's approval. Settling of the denture base, medications, which decrease the salivary flow, and expected shrinkage of the gum tissue over time, may result in the need for a reline -which can be accomplished in one day.

Even if you no longer have your natural teeth, you need to see us regularly for an oral examination—once a year, for life!