

Denture Care

Now that you've received your dentures, it's important to follow these recommendations to ensure your comfort and their success.

To protect your denture, avoid chewing ice or other hard objects. No testing your dentures out by trying to open bottles or cracking nuts.



Brush your tongue, gums, palate, and any remaining teeth twice a day to keep them free of plaque and bacteria. Even though you no longer have natural teeth dental hygiene is still important for both your health and the respect of others around you.

We may also recommend dental floss, special denture cleansers, denture brushes, mouth rinses, or other cleaning aids. These help to insure your dentures also remain bacteria free.

Dentures must also be kept free of plaque to prevent permanent staining, irritation, and bad breath.

Proper denture care involved remove and rinsing your dentures with cool water after every meal to remove food particles.

Use a denture brush and a denture cleaning product at least once a day to thoroughly clean all of the surfaces of your denture. Due to the make dentures they are more porous than natural teeth meaning they too can stain.

Clean your denture over a sink full of water to prevent your denture from breaking if it's dropped accidentally.

Also soak your denture periodically in a commercial denture soaking solution, or if your denture has no metal parts, you can soak it in a solution of half white vinegar and half water.

After soaking, rinse dentures thoroughly in cool water.

Unless we tell you otherwise, remove your dentures for sleeping or for at least 6 to 8 hours a day.

Store your dentures in water or a soaking solution whenever it is out of your mouth, so it won't dry out.

Call Chamberland Dentistry, P. C., right away if your denture breaks, cracks, or chips, or if a tooth becomes loose, so we can repair it properly.

Also call us if your bite feels uneven, your dentures become loose, you have sores, irritation, swelling, or discomfort, or if you have any questions or concerns.

When you make denture care a part of your natural routine you will find that there is very little extra effort above that of natural dental hygiene. Proper denture care is essential to maintaining their nice appearance, is beneficial to your health, and is courteous to those around you.