

# Caring for your Dentures

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## Denture care

Now that you have received your denture, it is important to follow these recommendations to ensure its success.

## Chewing and eating

To protect your denture, avoid chewing ice or other hard objects.

If small pieces of food work their way under your denture while you eat, simply remove your denture and rinse it with water.

## Brushing and flossing

Brush your tongue, gums, palate, and any remaining teeth at least twice a day to keep them free of plaque and bacteria. Brushing also massages the gums and keeps your breath fresh. In addition, we may recommend dental floss, mouthrinses, or other cleaning aids.

## Cleaning your denture

Clean your denture over a sink full of water to prevent your denture from breaking if it is accidentally dropped. Use a denture brush and a denture cleaning product at least once a day to thoroughly clean all of the surfaces of your denture. We may recommend special denture cleansers or brushes.

Also, soak your denture periodically in a commercial 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.

## Sleeping and storing your denture

Unless we tell you otherwise, remove your denture for sleeping or for at least 6 to 8 hours a day. Store your denture in water or a soaking solution whenever it is out of your mouth, so it does not dry out.

## When to call us

Call us right away if your denture breaks, cracks, or chips, or if a tooth becomes loose, so we can properly repair it. Also call us if your bite feels uneven, your dentures become loose, you have sore spots, irritation, swelling, or discomfort, or if you have any questions or concerns.

