

## *Denture Cleaning Products*

There are many products that help keep dentures clean without scratching them. They are usually foams or gels that kill germs and remove bad smells.

### Dentures Can be Soaked in:

- An equal mix of white vinegar and water to help remove tartar (hard build up) on the dentures **OR**
- A store-bought denture cleaning solution to help reduce thrush (white patches)

**Brush the gums and mouth with a soft toothbrush before putting the clean denture back in the mouth.**

**Ultrasonic baths** can help remove plaque (a sticky film), food and debris from dentures. They can be helpful for people who need help with daily oral hygiene (practice of keeping the mouth healthy, e.g., brushing), such as people living with dementia.

## *Types of Denture Adhesives*

Dentures that fit well usually do not need adhesives (glue). Natural suction in the mouth should hold them in place. Some people still like to use adhesives to help their denture(s) feel more secure. Adhesives come as a **paste, powder** or **wafer**.

**Denture Paste:** To use denture paste, clean the dentures first and follow package instructions. Extra paste can feel uncomfortable in the mouth. To remove extra paste, wipe it off with a slightly rough washcloth.



**Powder adhesives** work best if the denture already fits well. They are thin, do not change how you bite, and are easy to remove. To use, wet the denture slightly, sprinkle a small amount of powder on it, shake off the extra powder, rinse it lightly, and place the denture in your mouth.



**Denture wafers** are cut to fit inside the denture. They are more useful when the denture does not fit well. To use, put the wafer in the denture before placing it in the mouth. Saliva helps the wafer stick to the gums.



**Do not use denture adhesives to fix dentures that do not fit. If dentures are loose or uncomfortable, see a dentist or denturist to adjust them.**

