

Dentures get plaque (a sticky film) and tartar (hard build up) just like natural teeth. This means that dentures also need daily care.

Why Is Denture Care Important?

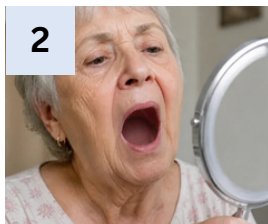
- Cleaning your denture(s) removes plaque, tartar, food bits, and bad smells.
- Taking them out lets you check the denture(s) for damage and your mouth for problems.
- Removing them at night, or for at least 5 hours a day, lets your gums rest and prevents swelling.



How to Clean Your Dentures/Mouth Well



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1. Soak the denture(s) in cleaning solution for about 30 minutes. This helps loosen tartar and plaque.
2. Check the mouth for any problems.
3. Gently brush the gums, tongue, and cheeks with a soft toothbrush or washcloth.
4. Check the dentures for any problems.
5. Brush the denture(s) with a denture brush, and liquid soap or foam denture cleanser. These are gentle and will not scratch the denture(s). Do not use bleach, harsh cleaners, or toothpaste. They can damage the denture(s).

Other Cleaning Tips:

- Clean the denture cup at least once a week.
- Replace the denture cup when needed.
- Replace the denture brush once a year.



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Care For Partial Dentures

- Partial dentures should be cared for like full dentures.
- The natural teeth left in the mouth also need to be cleaned every day. If the teeth and gums are not healthy, the partial denture may not fit well.



Care For Dentures with Metal

- If denture(s) have metal clasps, soak them in warm water only.
- Metal clasps are fragile and can easily bend. When putting these dentures in the mouth, do not bite them into place. Use your fingers to gently press them in.
- If the metal clasps do not fit well, do not try to fix them with pliers. Instead, book an appointment with an oral health professional (e.g., denturist or dentist).



When Dentures Don't Fit Well

A denture should fit well and stay in place.

See an oral health professional if:

- Denture(s) become loose or no longer line up with your natural teeth.
- If there are any changes in your mouth (e.g. tooth loss)
- If you have ongoing pain and irritation.



See the **Denture Products** information sheet for more details.

