



## Denture Home Care Management

### Denture Home Care Recommendations:

- Your beautiful new denture has been hand crafted to look as natural as possible. The individual colors in the gums will last if you properly care for them.
- To protect the colors, **NO NOT** use bleaching products or any denture cleaners that have bleach in them. Brushing with a toothbrush and hot soapy water will remove any daily debris.
- Brush the denture each day to remove food deposits and plaque. This helps the denture from becoming permanently stained.
- Clean your dentures by thoroughly rinsing off loose food particles. Moisten the brush and apply the denture cleaner. Brush all denture surfaces gently to avoid damaging the plastic or bending the attachments.
- **DO NOT** chew, swallow, or gargle with denture cleansers.
- It is best to use a brush that is designed for cleaning dentures because it has bristles that are arranged to fit the shape of the denture. A regular, soft-bristled toothbrush is also acceptable. **AVOID** using a brush with hard bristles, which can damage the denture.
- **DO NOT** use toothpaste since it can be too harsh for cleaning dentures.
- Some people use hand soap or mild dishwashing liquid to clean their dentures, which are both acceptable. However, most household cleaners are too abrasive and **SHOULD NOT** be used for cleaning dentures.
- For additional cleaning or for occasional longer soaking, we recommend using white vinegar which cleans while protecting the color tones.
  - Use a solution of 1:1 water and white vinegar.
  - Soak denture in the vinegar solution for approximately 15 minutes while you are showering. This will make hard calculus/tarter deposits soft enough to remove with a brush.
  - Occasionally for stubborn stains, leave overnight in a cold solution of water and vinegar.
  - Regardless of the cleaning protocol used, the temperature of the soaking solution **SHOULD NEVER** exceed 122° F/ 50°C
- A denture could lose its proper shape if it is not kept moist. At night, the denture should be placed in soaking solution or water. Your dentist can recommend the proper method for keeping your dentures in good shape.
- **ALWAYS** thoroughly rinse the denture before placing it in your mouth.