

• NOBLE DENTURE DESIGN

# Denture Care

If you have lost some or all of your natural teeth, you may be using dentures: complete dentures if you're missing all of your natural teeth or partial dentures if you're missing just one tooth or a few teeth. Both types need special care. Here are some guidelines for looking after your dentures.

## Handle them with care

Chances are your dentures didn't come cheap. And since they can break easily, you'll want to be careful with them. Clean them over a folded towel or bowl of water in case they drop. Don't use toothpicks when you're wearing them, and don't use strong cleaners or hard brushes to clean them. All of these can cause damage to your dentures. And never leave them where young children or pets can reach them.

## Clean them daily

Just because these aren't your real teeth, that doesn't mean they don't need regular cleaning. If your dentures are plagued with plaque, it can lead to problems in the tissues underneath, such as infection and irritation. Brush your dentures with a regular soft-bristled special denture cleaning brush to ensure a proper clean. Or a soft bristle toothbrush so it is not too abrasive. Regular hand soap, non-abrasive toothpaste and denture paste are all good choices for cleaning dentures.

## Look after your whole mouth

Even if you have complete dentures, you still need to care for your gums. Whenever you take out your dentures, give your mouth a good rinse and then massage your gums with a soft toothbrush. If you have partial dentures, you still need to properly brush and floss your natural teeth every day.

## Watch for changes in fit

If your dentures aren't fitting properly or have become ill fitting that's another reason to check in with your Dental Prosthetist. The bones in our mouth shrink and change over time, which can lead to an improper denture fit. Poorly fitting dentures can cause problems like sores, pain and burning. They can even cause abdominal gas from swallowing air. Your Dental Prosthetist can adjust your dentures or relines them if necessary. Dentures that don't fit can also be a sign of periodontal disease, so it's important to get checked.

## See your Denture Professional on a regular basis

Making a regular appointment to see your Dental Prosthetist is the single most important aspect of caring for your dentures. If you haven't seen your Dental Prosthetist lately why not book an appointment today with NOBLE DENTURE DESIGN on 5525 2899.



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