

Denture and Oral Hygiene

It's important to clean your mouth and denture daily so your mouth will stay healthy. Soaking dentures in water or a denture cleaner is not enough. They must be brushed with a soft toothbrush.

Having dentures does not mean that you can ignore your oral health and hygiene. It is still important to see a dentist or dental prosthetist regularly for evaluating the soft tissues and remaining bone to examine the denture for proper fit, comfort, and function.

The following information is provided to educate you regarding the care of your mouth and dentures so that you will gain the maximum benefit from them.

Daily Denture Cleaning

Daily cleaning of your denture is necessary to prevent build-up of plaque, food, calculus (tartar), and stain. Poor hygiene can cause:

- Problems with appearance or esthetics, mouth odours irritation to the tissues under the denture infections in the mouth.
- Hard deposits of calculus (tartar) can build up on your dentures just like on teeth, candidiasis (yeast infection)

How should I care for my mouth and gums?

Even with complete dentures, it is important to care for your mouth and brush your gums, tongue and palate with a soft-bristled brush every morning before you put in your dentures, as well as after meals and before bedtime. This cleaning removes plaque and stimulates blood circulation in the mouth.

If you have teeth, pay special attention to cleaning teeth that fit under the partial denture's metal clasps. Plaque that becomes trapped under the clasps will increase the risk of tooth decay. If you wear a partial denture, be sure to remove it before you brush your natural teeth.

Clean, rest, and massage the gums regularly by removing the prosthesis from your mouth.

Rinsing your mouth daily with luke-warm salt water will help clean your gums. Eat a balanced diet so that proper nutrition will help maintain a healthy mouth.

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