

# DENTURES

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## Storage

To avoid warping, your denture should always be stored in water when not in your mouth.

## Adhesives

Denture adhesives can improve the retention and stability of your denture and reduce the accumulation of food particles beneath your denture. Use three or four pea-sized dollops on each denture; if you begin to require an increasing amount of adhesive to maintain the same level of retention, please make an appointment to evaluate the fit and stability of your denture. Completely remove denture adhesives from your denture and your mouth on a daily basis.

## Daily Hygiene

Remove the bacterial biofilm and any residual adhesive from your mouth with a washcloth and from your denture by soaking and brushing. The temperature should never be hotter than you would wash your hands with. To protect the colors, do not use bleaching products or any denture cleansers that contain bleach.

## Soaking Options

(1) Soak for 15 minutes in a solution of equal parts water and white vinegar. This will make the hard calculus / tartar deposits soft enough to remove with a toothbrush. (2) Soak in an effective, non-abrasive denture cleanser, following the manufacturer's recommendations.

## Denture Care

Denture cleansers should only be used outside of the mouth. Always thoroughly rinse after soaking and brushing with denture cleanser before reinserting your denture into your mouth. For the health of your mouth, do not wear your dentures for more than 24 hours continuously. Leave your denture out of your mouth during showering. Consider not wearing your denture when sleeping.

## Yearly Recommendations

To minimize biofilm accumulation over time, bring your denture back to our office for an annual ultrasonic cleaning. Additionally, an annual check-up is recommended for maintenance of optimum denture fit and function and for an assessment of your overall oral health status.

## Reline Appointments

The denture may get loose over time due to bone loss and aging. You can get the denture re-fitted by "relining" the inside of the denture.

## Repairs

It's sometimes possible to repair a denture if its a small chip on the teeth. If there is a large crack or fracture, it's probably better to get a new denture.

## Dental Implants

If you have the bone volume available, consider dental implants to have a fixed set of teeth. Feel free to setup an implant consultation to learn more about how dental implants can benefit you.