



## HOW TO CARE FOR YOUR DENTURE OR PARTIAL

### Daily Cleaning

- Before cleaning, be sure to fill the sink with water or lay a soft towel down. Dentures and partials may break if they fall and hit a hard surface.
- Rinse denture/partial under warm water after each meal to remove loose food debris. Boiling or excessively hot water can cause the denture to warp and not fit properly.
- They should be brushed daily with a soft tooth brush or soft denture brush.
- They can be brushed with warm water, soap or denture paste. Do not use toothpaste to clean your denture or partial. Regular toothpaste is too abrasive and can cause scratches in the acrylic.
- Cleaning tablets can be used while denture is soaking in water. These help to remove light stains and loosen plaque buildup. Be sure to follow the manufacturer's instructions; each type/brand is different. Dr. Gibson and Dr. Pickering suggest Polident tablets.
- After soaking, be sure to rinse thoroughly under warm water before re-inserting into mouth. Mouthwash may be used after rinsing with water to give a fresh taste and feeling.

### Caring For Mouth and Gum Tissues

- When not wearing your denture/partial, always keep them in water or denture solution. Otherwise, the acrylic will dry out over time, causing them to not fit as well and become brittle.
- It is important to remove denture/partial before you go to sleep at night, to allow your gum tissues to breathe. This helps to avoid irritation, discomfort, and infection of the soft tissue beneath your denture.
- While denture/partial is out of mouth, use a dampened washcloth or very soft toothbrush with warm water (or salt water solution) to clean the tissues inside of your mouth. Be sure to wipe the ridges (where the denture sits), tongue, lips,

cheeks, and roof of the mouth. Rinsing daily with lukewarm salt water can help keep your gums clean.

- If you wear a partial, it is recommended that you use a separate soft toothbrush from your denture brush to clean your natural teeth.

### **When Mouth Becomes Sore or Irritated**

- Sore spots in your mouth may occur if the denture/partial is putting too much pressure on a particular site. Sore spots may appear as a small mark or wound on the gum tissues.
- If you experience this, you should visit your dentist so they can make the proper adjustments to relieve the pressure.
- Never try to adjust or repair your denture/partial yourself. You could easily damage them and negatively affect how they fit.
- To soothe your gum tissues, you should remove your dentures and rinse your mouth with warm saltwater.
- Although it is in the best interest of your gum tissue to cease wearing your denture/partial while sore areas of the mouth are present, it is helpful to the dentist if you re-insert them the morning of your appointment. This way it may be easier for the dentist to spot the sore areas of your mouth, and better ascertain which area of the denture/partial should be adjusted.