

Caring For Complete and Partial Dentures

General Care Tips

After receiving dentures, it may take some time for you to adjust to chewing and speaking with them. You may use adhesives to keep them in place, experimenting with the type, brand, and amount to see what works best. You will also try to find out the best way to remove your dentures. Some ways you can do so include:

- Pulling on only the left or right side of the denture
- Placing your thumb against the front teeth and pushing up to the nose to remove upper dentures
- Pulling while using a rocking motion to remove lower dentures
- Using your nails to gently rock partial, acrylic dentures

You will be able to easily remove dentures after experimenting with different ways to pull them out. The material dentures are created from contains microscopic holes which can collect food and bacteria. This means that your dentures may become unsanitary because they are worn all day long. You can clean your dentures and help them last for many years by following these steps:

1. Rinse your mouth and dentures after meals to clean away food debris.
2. Clean your dentures twice a day (before and after use) using the denture brush and non-abrasive cleanser from your denture kit. Doing so will reduce bad breath, staining, and irritation.
3. If tartar has developed on your dentures, then you can soak them in warm water or a denture cleanser before brushing away the tartar.
4. Be sure to thoroughly clean around the clasps of partial dentures because the food debris and bacteria that becomes trapped in this area can make the neighboring teeth more susceptible to decay.
5. Do not use alcohol, toothpaste, abrasive cleaners, bleaches, whiteners, and mouthwashes on your dentures because they can scratch the surface, break down materials, or bleach the color of the pink parts.
6. Do not put your dentures in boiling water, a dishwasher, or microwave because doing so can warp their shape.
7. Because dentures are fragile, be sure you handle them carefully. Also keep them out of reach of pets and small children.
8. Do not wear you dentures while you sleep. Your gums need to experience natural cleaning, stimulation, and rest.
9. Use a finger or thumb to massage your gums every morning and evening. Doing so stimulates blood flow and helps to keep the tissue firm.
10. Do not let your dentures dry out. After cleaning the dentures, you can wrap them in a wet paper towel or store them in a denture case that contains some water.
11. You can bleach your dentures once a week by cleaning them with a solution that is 50% water and 50% bleach.

12. You can prevent fungal growth by soaking your dentures in a solution that is 50% water and 50% vinegar or by placing a small amount of Aloe Vera gel in the dentures once a day. Do not do this with partial dentures because it can destroy the soft lining and corrode the metal.

If your dentures cause discomfort or become damaged, then call our office at 617-934-4952. Do not attempt to adjust or repair the dentures on your own, doing so may damage them or cause harm to your oral health.

If you receive immediate dentures, then you will need to come to us for several follow-up appointments because your mouth changes shape after healing from tooth extractions. All denture wearers should maintain regular appointments with our dentist so we can check your gums for signs of irritation, disease, or cancer. Be sure to bring your dentures to these visits so we can check to see if their fit needs to be adjusted. We may also replace your dentures every 7 years if they no longer fit well.

Caring For Dentures With A Soft Or Temporary Lining

1. Soak your dentures in a cleansing product, only using lukewarm or almost cool water because hot water can ruin the soft lining.
2. When you soak the denture in a cleaning solution, do it for no longer than 30 minutes a day.
3. During the first few days after receiving the denture, swab the soft liner with a cotton ball. You may use a soft-bristle brush afterwards.
4. Avoid heavy chewing and hot foods the first day after receiving the dentures. Also avoid small materials like seeds which can become imbedded in the lining.
5. When the denture is not in your mouth, be sure to keep the lining moist.
6. Maintain regular dental appointments, bringing your dentures in for evaluation.
7. Follow the general care tips above.

Caring For VALPLAST® Flexible Dentures

1. Regularly clean your Valplast dentures.
2. After meals, clean your Valplast dentures by rinsing them under running water or by using a sonic denture cleaner.
3. Do not brush your Valplast dentures, doing so can remove polish and roughen their surface.
4. Keep your Valplast dentures moist by placing them in water when you are not wearing them.
5. Soak Valplast dentures 10-15 minutes a day in a denture cleaner. If they collect tartar, then soak them three times a week overnight.
6. Remove the Valplast dentures before rinsing with a mouthwash or brushing your gums and remaining teeth.
7. Maintain regular dental appointments, bringing your Valplast dentures in for evaluation.
8. Follow the general care tips above.