



DENTURE CARE

It is important to clean your mouth and dentures daily so you stay healthy. Soaking dentures in water or a denture cleaner is not enough. They must be brushed with a soft toothbrush or with a toothbrush made especially for dentures to avoid scratches to the denture surfaces.¹

Two times daily, remove your dentures and brush and massage your gums with a soft toothbrush. Brush any remaining natural teeth you may have with a fluoride toothpaste before reinserting your dentures. This will help remove plaque from your teeth, stimulate circulation in your mouth, and help maintain good oral health.

Do not clean dentures with boiling water to prevent warping.

Clean your dentures every day – all surfaces, both inside and outside, with a denture brush and denture cleaner that you can buy at a drug store. Do not use an abrasive cleaning powder like Ajax™ or Comet™. Soaking dentures is not a substitute for brushing.²

When cleaning dentures, hold them over a bowl of water between your thumb and forefinger. If the denture slips out of your hand, it will land in the water and not break. Cleaning dentures daily will help keep them looking white and bright, while preventing plaque buildup and denture odor.²

If a denture smells, it can be soaked in a solution of one teaspoon of bleach (such as Clorox™) in one cup of water. Soak the denture for 30 minutes. Rinse well before putting it back in your mouth.

Do not sleep in your dentures. Take your denture out of your mouth for at least eight hours every day to avoid fungus and infection. When out of your mouth, keep the denture in a bowl of water or diluted mouthwash to keep it from drying out.²

Do not try to adjust a denture yourself in any way. This can cause damage to the denture and harm your mouth.²

Do not use denture liners or denture adhesives.



Denture Stomatitis

Denture-induced Stomatitis is an infection of oral tissues caused by fungus in the area covered by a denture. It usually occurs in the upper jaw when an unfit denture traumatizes the oral tissue. Other causes of Stomatitis are: wearing a denture that is not thoroughly cleaned; and not removing the denture at night before bedtime.



The symptoms of Stomatitis are:

- Rashes will appear at the early stage, enlarge, and the area will be red.
- Swelling of the affected area.
- Feeling of pain (but not always).
- Red, sore areas at the corners of the lips.

Go to the dentist for the following:

- Your regular fitting appointments after you get a denture.
- When you have mouth sores, a rash, or swelling for more than one week.
- When your dentures become loose in your mouth.
- Every six months to check the fit of your denture and the overall health of your mouth.

For more information, contact the Division of Public Health, Bureau of Oral Health and Dental Services, at 302-744-4554 and

www.dhss.delaware.gov/dhss/dph/hsm/ohphome.html.

Resources

1. American Dental Association. 2014. *Dentures*. In Mouth Healthy. Retrieved February 11, 2015 from: <http://www.mouthhealthy.org/en/az-topics/d/Dentures>
2. American Dental Association. 2014. *Removable Partial Dentures*. In Mouth Healthy. Retrieved February 11, 2015 from: <http://www.mouthhealthy.org/en/az-topics/d/Dentures-partial>

24/7 Emergency Contact Number: 1-888-295-5156

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