



John G Plummer & Associates Dental Surgeons

Denture Cleaning

It is important to treat your dentures like you would treat natural teeth. They should be kept as clean as possible to prevent further tooth loss, inflamed gums, or fungal infections.

We recommend that you clean them thoroughly **twice a day**:

- Always clean your dentures over a bowl of water or a folded towel in case you drop them.
- Brush your dentures before soaking, to help remove any food debris. A small to medium headed toothbrush and household soap is all you need.
- Soak the dentures in a specialist cleaner for a short time if you prefer and then brush the dentures again,
- Clean all the surfaces of the dentures. This is especially important if you use denture fixative.
- **Do not use bleach** clean your dentures. Bleaching can weaken the denture.
- **Do not use boiling hot water** to soak the denture as it can weaken it causing it to break.



Some daily denture hygiene tips to keep in mind:

Some people have sensitive gums and may have a softer lining made for their dentures. If you have one of these special linings, it is important to check any cleaning products or fixatives as some products can damage the lining.

If your denture has clasps, you need to take care when cleaning to avoid damage.

We recommend **removing your dentures at night** to give your mouth a chance to rest. If you remove your dentures, it is important to leave them in water to prevent any warping or cracking.

Like natural teeth, dentures can pick up staining especially if you smoke, or drink a lot of tea, coffee. You should be able to remove this staining with regular cleaning. However, more stubborn stains may take a little more cleaning, which your dentist should be able to help with.



It is important to visit your dentist regularly even if you don't have any of your natural teeth. Dentists do not only check teeth, but also the soft parts of the mouth, including the tongue and cheeks.

These examinations are just as important, so the dentist can spot any infections, mouth conditions or even mouth cancer at the earliest stages.