

Home Maintenance for Dentures

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Taking proper care of your removable or partial dentures is important for both the health of your dentures and mouth. If dentures are not cleaned properly they can become damaged and develop bacterial deposits.



When cleaning your dentures, always make sure to handle them with great care.



Make sure to brush and rinse your dentures daily with water and a non-abrasive denture toothpaste to remove plaque and food particles. This will help prevent bacteria growth and permanent staining. You should also remove and rinse your dentures after eating to get rid of any food debris.



Use a denture brush with soft bristles and gently brush all surfaces to avoid damaging the plastic. It is very important to avoid using abrasive cleaning materials on your dentures, hot water, or any bleach-based products.



In order to stay in proper condition, most dentures must remain moist. At night, place your dentures in water or a denture soaking solution.



Scheduling regular checkups with your doctor are an important part of denture care. They will advise how often to come in and have the dentures professionally cleaned as well as see that they are fitting properly to ensure they last a long time.