

How to care for your denture



What are Dentures?

Dentures are removable dental devices used to replace missing teeth. They are custom made to fit the mouth. Dentures can either be made entirely of plastic (acrylic) or a mixture of metal and plastic (cobalt-chrome and acrylic).

There are 2 types of denture: complete dentures and partial dentures

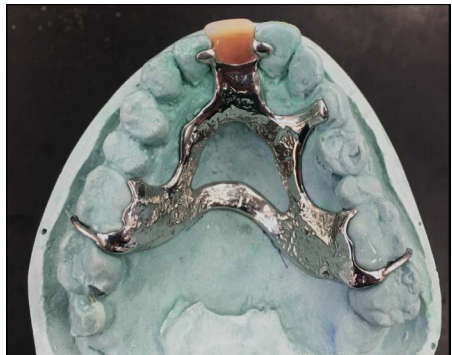
- **Complete dentures** replace all of the teeth in an arch, eg all upper teeth or all lower teeth
- **Partial dentures** replace 1 or more tooth in an arch, but not all of them because some natural teeth are still present



Complete acrylic denture



Partial acrylic denture



Partial cobalt-chrome denture

How to clean your dentures

Why is it important to clean your dentures properly?

- Like teeth, dentures can collect debris, plaque and calculus. Poor denture hygiene can lead to a build-up of stain, bacteria and fungus on the denture surface. This can cause bad breath and diseases of the teeth, gums and mucosa.
- Incorrect denture cleaning can cause staining, discolouration and damage to the denture materials.
- NEVER use boiling water as this will cause dentures to distort.
- Denture cleaning products should only be used to clean dentures OUTSIDE of the mouth and are NOT to be rinsed or swallowed.





Metal denture corroded by using the wrong cleaning solution

How should your dentures be cleaned?

- Rinse your dentures with water after every meal to remove food debris.
- Take your dentures out and clean them each night before retiring to bed. Handle dentures carefully, being careful not to drop them or bend any flexible clasps. Clean over a full sink or towel to prevent breakage should you accidentally drop your denture.
- Remove soft debris, plaque and any denture fixative by brushing with a soft brush and denture paste or soap and cold water.
- Having carefully brushed your dentures soak them each evening in a denture cleansing solution according to manufacturers' instructions. Rinse your denture thoroughly with water after using a cleansing agent.

- Ask your dentist if you need further information about denture cleansing agents.
- DO NOT use hypochlorite (chlorine containing) solutions for dentures with metal bases or clasps as these can cause corrosion of the metal.
- Following soaking in a cleaning agent, rinse and soak your dentures in cold water overnight.



Cleaning a denture with a brush – holding it carefully in the palm of the hand

How to clean dentures with soft linings

Soft linings are either SHORT-TERM (temporary) or LONG-TERM (permanent) materials. If you are unsure whether the soft lining on your denture is short-term or long-term, please ask your dentist.

Some denture cleaning methods can damage denture soft lining materials causing hardening, surface damage and discolouration.

Clean as described below however DO NOT soak your denture in alkaline hypochlorite (chlorine containing) solution if there is a metal strengthener in your denture as this may corrode the metal.

How should you care for dentures with SHORT-TERM soft linings?

- Rinse your denture and soft lining with water after each meal
- Remove your denture each evening and soak for 10 minutes in an alkaline hypochlorite such as Dentural or dilute Milton solution.
- Do NOT brush the soft lining material – this can roughen the surface.
- Store your denture overnight in a container without cleanser or water.

How should you care for dentures with LONG-TERM soft linings?

- Rinse your denture and soft lining with water after each meal
- Remove your denture each evening and brush denture and soft lining gently with a soft brush. Firm brushing can abrade and roughen the surface.
- Remove your dentures each evening and soak for 10 minutes in an alkaline hypochlorite solution.
- Store your denture overnight in a container without cleanser or water.

And finally...

Maintaining good oral hygiene is crucial for healthy teeth and gums, and will help reduce the risk of decay and gum disease. Brush your teeth twice daily for 2 minutes with fluoride toothpaste and clean between your teeth with floss or interdental brushes.

Smoking and alcohol increase the risk of oral disease. If you want to quit smoking or reduce your alcohol intake, please talk to the clinician you see for further advice.

It is important to attend dental check-ups regularly, as this will help your dentist to identify any dental disease early.

Please ask at reception
if you require this
information in a different
language or format.

Contact us:

Monday to Friday,
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Emergency out of hours
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