

Caring For Your Dentures

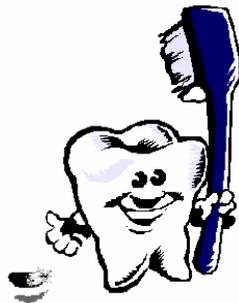
It is very important to clean your mouth and denture daily so your mouth will stay healthy. It isn't enough to soak your dentures in water or a denture cleaner. They must be brushed with a soft toothbrush, or a toothbrush made especially for dentures.

Be sure to brush and massage your gums daily with a soft toothbrush, and brush any remaining natural teeth that you have.

- Do not clean a denture with boiling water – it may warp!
- Clean all surfaces of your denture, both inside and outside, with a denture brush and denture cleaner. Do not use an abrasive cleaning powder like Ajax or Comet.
- When cleaning a denture, hold it over the sink or bowl of water between your thumb and forefinger. If it slips out of your hand, it will land in the water and not break.
- Take your denture out of your mouth for at least 8 hours every day. This allows the gums to rest and to get oxygen to prevent growth of fungus. When the denture is out of your mouth, keep it in a bowl of water or a denture cup with water. A denture left out of water will quickly shrink and not fit properly.
- Do not try to adjust a denture with sandpaper or files

Go to the dental clinic for the following:

- Your regular fitting appointments after you get a denture
- When you have mouth sores that last for more than a week
- When your dentures become loose in your mouth
- One time a year to check the health of your mouth and the fit of your denture



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