



## Caring for you Dentures

- To protect your new denture avoid chewing on ice or other hard objects.
- Brush your tongue, gums, palate and any remaining teeth at least twice a day to keep them free from plaque and bacteria.
- Dentures must also be kept free off plaque to prevent permanent staining, irritation and bad breath.
- If small pieces of food work their way under your denture while you eat, simply remove your denture and rinse it with water.
- Use a denture brush and da denture cleaning product at least once a day to thoroughly clean all of the surfaces of the denture.
- Clean your denture over a sink full of water to prevent your denture from accidentally breaking if dropped, a towel or wash cloth will also work.
- Rinse a denture brush to clean your denture.
- **Do not use toothpaste to clean your dentures.**
- Periodically soak your denture in a commercial soaking solution such as Polident
- After soaking your denture it is important to rinse thoroughly in cool water
- We do not recommend that you sleep with your denture in, we recommend that you remove it for 6-8 hours per day to allow your tissues to breathe.
- Call our office right away if your denture chips, breaks or if a tooth becomes loose so we can properly repair it.
- Call our office if your bite feels uneven, your dentures become uncomfortable, if you have sore spots, irritation or swelling.
- Call our office with any questions or concerns.