

Caring for your dentures

The guide to proper denture care



How often should i clean my dentures?

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

Your DP recommends that you clean your dentures as you would your natural teeth, twice a day, and after eating when necessary. Always remove your denture for cleaning and ensure you also brush your gums to stimulate blood circulation.

What is the best way to clean my dentures?



The general rule is to always rely on a soaking solution and brush only when necessary and then only with a specially designed soft denture brush. Always clean your dentures over a bowl of water or a folded towel in case you drop them.

Rinse your dentures thoroughly before soaking, to help remove any food debris. Using an effervescent (fizzy) denture cleaner will help remove stubborn stains and leave your denture feeling fresher. Always follow the manufacturer's instructions.

If you need to brush your dentures, be careful not scrub too hard as this may cause grooves in the surface thereby allowing stains or plaque to build up. Make sure you clean all the surfaces of the dentures, including the surface which touches your gums. This is especially important if you use any kind of denture adhesive. Do NOT clean your dentures with tooth paste.

Which cleaner should I use?



There are many different denture cleaning products available direct from your DP or at the most grocery stores or chemists.

Your DP recommends use of an effective denture cleaning solution. Some take only three minutes, are inexpensive and readily available.

Look for one that contains active ingredients to break down the plaque thereby removing the debris as opposed to some cleaners that merely bleach the stains without removing them.

Always ensure you follow the manufacturer's instructions.

Which Cleaners should I avoid?

It is important not to use any type of bleaching product, ammonia based cleaners, abrasives or very hot water to clean your dentures.

Bleaching can lead to weakening of the denture and will damage its appearance. The use of ammonia's or abrasive will remove the glossy surface allowing stains to build up whilst very hot water can distort your denture thereby affecting the fit.

How do I care for a soft lining?

People who have sensitive gum may have a resilient softer lining made for their dentures. If you have one of these special linings, your DP will provide individual aftercare advice to make sure you are aware of what cleaning products or fixatives can use.

How do I care for a metal denture?

Some commercial cleaning products can damage metal dentures, so if you have a metal denture, it's important to discuss cleaning options with your DP.

If you have acrylic denture has metal clasps, you need to take particular care when cleaning.

Are there special products I should use?

There are some specialist products available for cleaning your dentures, including special brushes, baths, cleaning pastes and soaking solution. However, you should use these carefully and follow the manufacturer's instructions. If you are not sure which products to use, ask you DP.

Should I remove dentures at night?

Your DP recommends removing your dentures at least twice a day to allow massaging of the supporting tissue thereby encouraging adequate blood flow to that tissue.

However, we appreciate that you may not wish to leave your dentures out for extended periods, so during your cleaning routines simply brush the supporting tissue with a soft toothbrush.

If you remove your dentures overnight, your DP suggests that you leave them in water to prevent any warping or cracking. Discuss this issue with your DP and read the brochure "Your New Denture" for more advice.

Can my DP clean my dentures?

Some people build up tarter on their dentures just as they would on their natural teeth. If plaque is not removed properly, it can react with your saliva and harden into tarter.

As with your own teeth, you will not be able to remove this tartar completely yourself and eventually it can make the denture uncomfortable and unsightly. Your DP can remove this tartar in their laboratory using a professional cleaning machine.

My dentures are stained, what can I do?

Like natural teeth, dentures are vulnerable to staining by everyday habits. This is especially true if you smoke or drink a lot of tea, coffee or red wine. In most cases you should be able to remove this staining with regular cleaning. However, more stubborn stains may take a little more cleaning, and your DP is happy to provide advice to help you.