

CRIST DENTAL

COSMETIC AND FAMILY DENTISTRY
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DENTURE CARE INSTRUCTIONS

- Clean your dentures every day. Cleaning dentures daily with a denture brush and soaking them in a cleanser solution will help keep your dentures looking white and bright, while preventing plaque buildup and denture odor.
- Using soap, such as unscented dish soap can help as well. Do not use toothpaste to brush your dentures as it can scratch the smooth plastic surface creating small places that can harbor bacteria.
- When cleaning dentures, don't brush too hard; you don't want to damage any plastic or metal parts of the dentures. If needed, moisten the denture brush to avoid damages or scratches to the denture surface.
- Brush your gums, tongue, and natural teeth with a fluoride toothpaste, before reinserting your dentures. This will help remove plaque from your teeth and gums, stimulate circulation in your mouth, and help maintain good oral health.
- After brushing, rinse with an ADA approved mouthrinse.
- Never try to adjust your dentures yourself. This might cause harm to your mouth or damage to your dentures.
- Visit your dental professional regularly. At least once per year for patients with complete dentures and at least every 6 months for those patients with partial dentures. Rely on him or her for advice and answers to specific questions about your oral care.
- Be sure to keep your dentures moist when you aren't wearing them. This will keep them from drying out and losing their shape. Store your dentures in a denture cleanser soaking solution or in water. Never bleach your dentures and never place your dentures in hot water. This can cause them to warp.