

Looking After your Dentures

You need to care for complete and partial dentures as carefully as you would look after natural teeth.

- Clean them every day. Plaque and tartar can build up on false teeth, just like they do on natural teeth.
- Take them out every night. Brush your teeth and gums carefully, using a soft toothbrush. Be sure to clean and massage your gums. If your toothbrush hurts you, run it under warm water to make it softer OR try using a finger wrapped in a clean, damp cloth.
- Soak them overnight. They can be soaked in a special cleaner for false teeth (denture cleanser), in warm water or in a mix of warm water and vinegar (half and half). If your denture has metal clasps, use warm water only for soaking. Soaking will loosen plaque and tartar. They will then come off more easily when you brush.

Important

People who have complete or partial dentures can also get gum disease around any natural teeth that are left. If you have gum disease:

- Your false teeth will not fit well over gums that are sore, swollen or bleeding.
- Your partial dentures (or removable dentures) will not be held firmly in place if your natural teeth and gums are not strong.

Be sure to come in regularly for professional cleaning and dental exams, so that we can detect any early signs of gum disease, and provide appropriate treatment.