



**ORAL HEALTH KANSAS**

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## Tips and Tricks: Care of Dentures



### Why clean your dentures?

- Reduce bacteria
- Keep your mouth fresh and clean
- Reduce sores along your gums
- Keep dentures in good shape longer



### How should you clean your dentures?

- Begin with a towel lined sink - dentures are delicate and can break easily if dropped
- Rest the dentures in the palm of your hand for a secure grip
- Rinse away loose food particles thoroughly with cool water
- Choose a soft bristled tooth brush or special denture cleaning brush
- Moisten the brush and apply denture cleaner
- Brush every surface, scrubbing gently to avoid damage to the dentures
- Soak dentures overnight in a dentist approved solution



### What can you do to keep your dentures in good shape?

- Clean your dentures daily, just as you would with natural teeth
- Do not use hot water to rinse or soak dentures
- Visit your dentist for regular adjustments to assure a good fit
- Take out your dentures every night to reduce mouth sores and keep soft tissue healthy