ORAL HEALTH KANSAS
ADVOCACY • PUBLIC AWARENESS • EDUCATION

TIPS AND TRICKS SERIES

Dentures: A Healthy Mouth Still Matters

Dentures replace missing teeth, but they don't replace the need to care for your mouth.

Care for your dentures every day:

- Remove and rinse dentures after eating when you can.
- Brush them daily with a soft denture brush and denture cleaner.
- Clean over a towel or a sink filled with water so dentures are less likely to break if dropped.
- Avoid hot water, which can change the shape of dentures.
- Remove dentures at night and store them as recommended by your dental team.

Don't forget your mouth:

Even if you have no natural teeth:

- Gently clean your gums, tongue and roof of your mouth every day.
- Check for sore spots, redness, swelling or other changes.
- If you have some natural teeth, brush them twice a day with fluoride toothpaste and clean between them.

A good fit matters:

Your mouth can change over time. Talk with your dental team if:

- Dentures become loose or uncomfortable.
- You develop sore spots that don't heal.
- You have trouble chewing or speaking.
- You need more denture adhesive to keep them in place.



Still need a dental visit? Yes!

Even if you have no natural teeth, regular dental visits are important. Your dental team can check your mouth for changes and make sure your dentures fit properly.

More Healthy Aging Tips & Tricks:

- Aging and Your Mouth: What's Normal and What's Not
- Dry Mouth: More Than Just Uncomfortable
- Your Smile Can Last a Lifetime