

## COMPLETE DENTURES YOU AND YOUR DENTURES

### A. Care of Mouth:

1. Remove the denture at night when you are ready to sleep. The denture should be left out of the mouth at least 8 hours in each 24-hour period unless your dentist advises you differently.
2. Use a soft tooth brush to massage and cleanse all of the gum tissues which are covered by the denture.
3. Scrub your tongue with a soft tooth brush.
4. After each meal, whenever possible, remove the dentures, rinse your mouth and carefully clean your dentures.
5. Only use the minimal amount of adhesive necessary to hold the dentures in place.

### B. Care of the Denture:

1. Thoroughly cleanse the inside as well as the outside of the denture using a denture brush and liquid detergent or non-abrasive bar soap. Use **TOOTHPASTE SPECIFICALLY FORMULATED FOR DENTURES**.
2. Brush the denture over a basin of water. If the denture should slip and fall, the water will prevent damage to the denture.
3. Soak the denture overnight in a commercial denture cleaner.
4. If the denture has a soft liner, then soak **ONLY IN WATER**.
5. Never let the denture dry out. When it is not in your mouth, it should be kept in a cleaning solution or water.

### C. What to expect:

1. Do not eat corn on the cob or apples or other foods which tend to dislodge the dentures and may cause a harmful effect on the weak part of the ridges in front of the mouth. These foods should be cut with a knife and fork and chewed on the back teeth. This will aid in seating the denture. Tearing or biting food off with the front teeth tends to unseat the dentures.
2. If any problem whatsoever arises with your denture, return to your dentist for help. **DO NOT** adjust, reline or repair your denture. Your dentist's responsibility and obligation ends and the denture may be ruined if you attempt to adjust or repair your own denture.
3. No denture is permanent. Changes will continue to occur in the bones and soft tissues of the mouth. Only your dentist can determine if your mouth is in healthy condition and if new dentures are needed. Return to your dentist for regular checkups and maintenance of your denture, at least once a year.