

## DENTURE AND PARTIAL DENTURE INFORMATION

- REMOVE AND RINSE DENTURES AFTER EATING. RUN WATER OVER YOUR DENTURES TO REMOVE FOOD DEBRIS AND OTHER LOOSE PARTICLES.
- HANDLE YOUR DENTURES CAREFULLY. YOU MAY WANT TO PLACE A TOWEL ON THE COUNTER OR IN THE SINK OR PUT SOME WATER IN THE SINK SO THE DENTURES WON'T BREAK IF YOU DROP THEM.
- CLEAN YOUR MOUTH AND DENTURES AFTER WEARING. USE A SOFT-BRISTLED TOOTHBRUSH ON NATURAL TEETH AND ON YOUR DENTURE. USE GAUZE OR A SOFT TOOTHBRUSH TO CLEAN YOUR TONGUE, CHEEKS AND ROOF OF YOUR MOUTH (PALATE). IF USED, REMOVE ANY REMAINING DENTURE ADHESIVE FROM YOUR GUMS OR DENTURES.
- SOAK DENTURES OVERNIGHT. MOST TYPES OF DENTURES NEED TO STAY MOIST TO KEEP THEIR SHAPE. PLACE THE DENTURES IN WATER OR A MILD DENTURE-SOAKING SOLUTION OVERNIGHT. RINSE DENTURES THOROUGHLY BEFORE PUTTING THEM BACK IN YOUR MOUTH, ESPECIALLY IF USING A DENTURE-SOAKING SOLUTION.
- SCHEDULE REGULAR DENTAL CHECKUPS. YOUR DENTIST CAN HELP ENSURE A PROPER FIT TO PREVENT SLIPPAGE AND DISCOMFORT, AND ALSO CHECK THE INSIDE OF YOUR MOUTH TO MAKE SURE IT'S HEALTHY.



YOU TYPICALLY SHOULD AVOID:

- ABRASIVE CLEANING MATERIALS OR BLEACH- AVOID STIFF-BRISTLED BRUSHES, STRONG CLEANSERS AND HARSH TOOTHPASTE, AS THESE ARE TOO ABRASIVE AND CAN DAMAGE YOUR DENTURES.
- WHITENING TOOTHPASTES- CAN BE ABRASIVE AND WILL NOT WHITEN THE PLASTIC OR ACRYLIC OF A DENTURE.
- HOT WATER- AVOID HOT OR BOILING WATER THAT COULD WARP YOUR DENTURES.

CALL/TEXT/EMAIL OUR OFFICE AS NEEDED FOR MORE INFORMATION

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