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Denture Care Post-Op Instructions

Brush and rinse dentures daily, but not with toothpaste. Toothpaste is abrasive and creates microscopic scratches where food and plaque can build up. Like natural teeth, dentures must be brushed daily to remove food and plaque. Brushing also helps prevent the development of permanent stains on the dentures. Use a brush with soft bristles that is specifically designed for cleaning dentures. Avoid using a hard-bristled brush as it can damage or wear down dentures. Gently brush all surfaces of the denture and be careful not to damage the plastic or bend attachments. In between brushings, rinse dentures after every meal.

Clean with a denture cleaner. Household cleansers and many toothpastes may be too abrasive for dentures and should not be used. Also, avoid using bleach, as this may whiten the pink portion of the denture.

Take proper care of dentures when not wearing them. Dentures need to be kept moist when not being worn so they do not dry out or lose their shape. When not worn, dentures should be placed in a denture cleanser soaking solution or in water. However, if the denture has metal attachments, the attachments could tarnish if placed in a soaking solution. Dentures should never be placed in hot water, which can cause them to warp.

One or more follow-up appointments are generally needed soon after receiving dentures for any necessary adjustments. Never attempt to adjust or repair dentures yourself. Never bend any part of the clasp or metal attachments yourself; doing so can weaken the metal structure. **“Do-it-yourself” repair kits can permanently damage dentures, and over-the-counter glues may contain harmful chemicals.** Dentures that don’t fit properly can cause irritation and sores in the mouth and on gums. If the denture breaks, cracks, or chips or if **one of the teeth** becomes loose. Oftentimes, adjustments or repairs can be completed the same day. For some complicated repairs, your denture may have to be sent to a special dental lab.

Please keep your temporary dentures in case something happens to your permanent dentures. Place your temporary dentures in a Ziplock bag in the freezer with a solution of sodium hypochlorite (bleach) and water. Use one tablespoon of Bleach in about one-half cup of water.

Over time, dentures will need to be relined, rebased, or remade due to normal wear and natural age-related changes to the face, jaw bones, and gums or if the dentures become loose.