

## Denture Care

1. Rinse the denture under water after eating. In order to avoid dropping and breaking your denture while rinsing, we recommend either filling the sink with water or placing a towel in the bottom of the sink.
2. Just like natural teeth dentures need to be properly cared for to make them last. Brush the denture two times per day with a soft bristle denture brush or toothbrush. You may use either a mild dishwashing soap or an over the counter denture cleaner.
3. Soak dentures overnight in a glass of water. Never use hot water which can cause the denture to warp. It is important to let the tissue in your mouth breath overnight to avoid sores and yeast infections.
4. Coffee, tea, red wine, other dark liquids and smoking can stain the denture.
5. Never use sharp instruments, hard bristle brushes or regular toothpaste on the denture that is abrasive and will permanently damage the acrylic material.
6. We recommend regular checkups to ensure the dentures are fitting well, tissue underneath the denture is healthy and the denture is being cleaned thoroughly.
7. It is common that down the road the denture may need to be relined or adjusted being that the bone shrinks up underneath the denture.
8. Please call our office if you have any questions or concerns with your denture.