

Caring for your Dentures

Denture care

Now that you have received your denture, it is important to follow these recommendations to ensure its success.

Chewing and eating

To protect your denture, avoid chewing ice or other hard objects.

Brushing and flossing

Brush your tongue, gums, palate, and any remaining teeth at least twice a day to keep them free of plaque and bacteria. We may recommend dental floss, mouth rinses or other cleaning aids. Dentures also must be kept free of plaque to prevent permanent staining, irritation, and bad breath.

Cleaning your denture

Remove and rinse your denture with cool water after every meal to remove food particles.



Denture care products



Do not chew ice cubes



Clean the denture over water

Use a denture brush and a denture cleaning product at least once a day to thoroughly clean all of the surfaces of your denture.

Clean your denture over a sink full of water to prevent your denture from breaking if it is accidentally dropped. Periodically soak your denture in a commercial soaking solution, or if your denture has no metal parts, you can soak it in a solution of half white vinegar and half water.

After soaking, rinse dentures thoroughly in cool water.

Sleeping and storing your denture

Unless we tell you otherwise, remove your denture for sleeping or for at least 6 to 8 hours a day. Store your denture in water or a soaking solution whenever it is out of your mouth, so it does not dry out.

When to call us

Call us right away if your denture breaks, cracks, chips or if a tooth becomes loose, so we can properly repair it. Also call us if your bite feels uneven or your dentures become loose, you have sores, irritation, swelling, or discomfort or if you have any questions or concerns.