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Denture Home Care Instructions

Dentures: are meant to replace missing teeth, provide support for the lips and cheeks and correct the collapsed appearance that results from the loss of teeth.

How to take care of your denture:

You need to care for complete and partial dentures as carefully as you would look after natural teeth.

1. Remove dentures after eating and rinse thoroughly
 - * Run water over your dentures to remove food debris and other loose particles.
 - * Your denture is fragile:
 - * When rinsing, fill sink with water so that if you drop the denture the water will break its fall, and reduce risk of it breaking.
2. Brush your dentures at least once daily.
 - * Use a soft-bristled toothbrush or denture brush
 - * You can also use cleansing tablets
3. At night:
 - * Do NOT wear denture at night.
 - * Soak dentures overnight
 - * Place the dentures in water or a mild denture-soaking solution overnight. Check with your dentist about properly storing your dentures overnight. Follow the manufacturer's instructions on cleaning and soaking solutions.
 - * Do not use denture cleansers inside your mouth.
4. Sore spots:
 - * A new denture is like a new pair of shoes. As your bone and tissues remodel, sore spots in your mouth may develop, similar to blisters from a new pair of shoes.
 - * If your denture is hurting you, contact Bowker Creek Dental to book an appointment.
 - * It is important that you have worn your denture for at least 4-6 hours prior to your dentist appointment so that the dentist can see the sore spots in your mouth.

If you have any questions or concerns about your new denture, feel free to contact us.