

## Instructions to the denture patient for proper oral hygiene.

1. Rinse all dentures and place in a container of the cleaning solution to clean. A recommended cleaner is Sparkle Dent which is available through our office.
2. While dentures are soaking in solution, use a clean washcloth dampened with warm water to wipe the inside of the mouth. Use enough pressure to stimulate the blood flow to the tissues on the inside of the mouth. Massage and clean the ridges under the dentures, the tongue, lips, cheeks, and palate. The cleaning of the mouth should be done at least once or twice each day. Tongue cleaners / scrapers are very effective also.
3. After cleaning the mouth with the dampened washcloth, rinse the mouth with a solution of warm salt water as follows: ½ teaspoon of salt in a tall glass of warm water (approximately 8 oz.) Put salt water in mouth and swish for 20 counts and empty. Repeat until glass is empty.
4. After denture cleaning, remove dentures from solution and use a washcloth, Q-tip or cotton ball to polish the inside of the dentures. You may use a moistened denture brush with toothpaste or denture toothpaste on the outside of the dentures to clean around the teeth.

**CAUTION:** *Using a nylon bristle denture brush on the inside of the denture can wear grooves in the acrylic and over time may cause the dentures to fit poorly. You may use a commercial denture cleaner for this procedure.*

5. Next, thoroughly rinse the dentures with water and re-insert into the mouth.

**CAUTION:** *Dentures may be slippery and can fall onto a hard surface and break the pink acrylic and / or the denture teeth can chip, crack or break.. Always clean dentures over a soft towel or over the sink with the basin half full of water.*

6. At night, we recommend taking your dentures out if possible. This allows the tissue to breathe and heal by removing the pressure that is placed on the gums and tissues. Dentures should be kept in water or mouthwash when out of your mouth to prevent warpage. We understand that due to social situations, comfort or established habits, leaving the dentures out at night may not be possible. In those instances, meticulous denture and oral care is extremely important to maintain tissue health.

Remember that the gum tissue is in a constant state of change, but the dentures are not. Over time your dentures may loosen and need to be professionally relined or possibly replaced. We recommend that you have the fit of your dentures checked annually by a dentist, as well as having a periodic oral cancer screening examination.

Ideally, these cleaning instructions should be followed once a day and as often as three times per day. This will keep your dentures from staining and your breath fresh. Remember that wearing dentures over mouth tissues provide a good environment for an increase in bacteria, fungus, and other organisms that can cause inflammation, soreness, and unhealthy tissues. Unhealthy tissues are easily injured during eating or wearing your dentures. If you have a history of chronic soreness and discomfort wearing dentures, you should be very careful in your oral hygiene and seek professional dental assistance.