



HELENA FAMILY DENTISTRY

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GUIDELINES FOR THE CARE AND MAINTENANCE OF DENTURES:

Your dentures must be kept very clean to prevent the collection of food particles and the overgrowth of bacteria. It is best to brush the dentures after each meal and before bed. A special denture brush is available at drug stores that will reach into all parts of the denture. Use any mild hand soap, but **DO NOT** use an abrasive soap or cleanser as the latter can ruin the fit of the denture. Clean the denture over a sink bowl that is half filled with water or with a towel at the bottom. This will prevent breakage in case the denture slips from your fingers.

Tartar tends to collect on the denture just as it did on your natural teeth. This can often be removed by soaking the denture in white vinegar for an hour or more. Another problem is stain, which comes from smoking, coffee, tea, etc. Many commercial preparations are available, but you can make your own cleansing solution by using:

- 1 teaspoon of kitchen bleach (Clorox, Purex) and
- 2 teaspoons of calgon (water softening agent) in
- 1 glass of water

Soak the denture twice a week for twenty minutes in this solution and the denture will be relatively free from stain, tartar, and bacteria. **Do not place the dentures in boiling water. Do not soak metal partial dentures in this solution because the bleach will ruin the metal.** The health of your gums and tissues that support the denture is very important. When cleaning the denture, it is advisable to rinse the mouth vigorously with plain warm water or a mild commercial mouthwash. A daily gentle massage with a soft nylon toothbrush with toothpaste is very beneficial. Healthy oral tissue is best obtained when the dentures are left out at night. The denture wearers must keep the dentures in at night for personal reasons. In this case, the dentures should be left out at other times during the day. For the best results, follow your dentist's advice in this matter. When the dentures are left out of the mouth, they should be placed in a container of water as otherwise they may warp and change the precise fit of the denture.

Denture adhesives, when properly used, can improve the retention and stability of dentures, and help seal out the accumulation of food particles beneath the dentures, even in well-fitting dentures. Extended use of adhesives should not be considered without periodic assessment of denture quality and health of the supporting tissues by a dentist. Zinc-containing adhesives should be avoided. Adhesives should be used on in sufficient quantities (3-4 pea sized dollops) and should be completely removed from the denture and mouth daily.

For any other questions, call the office at (406) 443-6160