

Flynns Dental Care Guide to Caring for Your Dentures

It is important to look after your dentures correctly - this will ensure your mouth remains healthy, and your dentures are kept clean and stain-free.

Cleaning Your Dentures

- Make sure you clean your dentures every morning and night just as you would your own teeth. Daily cleaning of your dentures is necessary to prevent build-up of plaque, food, calculus (tartar) and stains.
- Brush your dentures with a denture brush and water, soap, or denture paste. Do not use conventional toothpaste as this is too abrasive and is not designed to clean your dentures.
- Brush your dentures over a sink filled with water to avoid damage if you drop them. Make sure you reach all areas of your dentures.
- Your dentures should also be soaked in a suitable denture cleanser (such as Steradent) or a detergent with a chemical action that removes or loosens light stains and deposits. This can be done daily or several times a week. Always rinse your dentures afterwards before putting them back into your mouth.
- Rinse your dentures under water after meals to remove loose food debris.
- Do not soak or rinse your dentures in hot water. This can distort the shape and fit of the dentures.

Overnight / Leaving Your Dentures Out

- Make sure you leave your dentures out overnight or out of your mouth for a period of 6 to 8 hours daily. Wearing them at all times without allowing your gums “to breathe” can result in infections in your mouth.
- Always brush your gums, tongue, and natural teeth with a fluoride toothpaste, before reinserting your dentures to help maintain good oral health.
- When your dentures are not in your mouth, keep them in water or denture solutions. They need to be kept in a wet environment in order to maintain a proper fit.

Professional Maintenance

- Visit your dental professional regularly; rely on him or her for advice and answers to specific questions about your oral care.
- With proper care and regular dental examinations (at least once per year), your dentures will be a healthy, natural part of your life.