

How to Care for Your Denture(s)

- Once a day, thoroughly clean your denture(s) with a small amount of toothpaste and the toothbrush we provide you. Remember, dentures can collect plaque and bacteria just like our teeth can.
- You may also choose to soak your denture(s) in an antibacterial rinse like Polident or Efferdent.
- You may or may not prefer to wear your dentures at night. Our office generally recommends you do not wear them at night so that your tissue is given a break.
- When not wearing your denture(s), please remember to keep them in their case, submerged in water or a rinse. Also, if you have pets, beware; they love to chew on them.
- Do not rinse or soak your denture(s) in hot water, as this could cause your denture(s) to distort. Drinking hot drinks, however, is okay.
- Please remember to bring your denture(s) with you when you have dental visits, especially cleaning appointments. We have an antibacterial rinse we can soak your denture(s) in while you are here.
- After initial delivery of your new denture(s), please be prepared to come in for several adjustment appointments before the denture(s) fit perfectly. This is very common. If you have any problems with your denture(s) after these appointments, such as rough, sharp or sore spots, please call our office as soon as possible to make any necessary further adjustments.
- If you have full upper and lower dentures, though you don't need cleaning appointments with us anymore, we do still recommend that you come in once a year for an exam with the Doctor to check your soft tissues, bone levels and the fit of your dentures.