

Denture care & oral hygiene

The following information will help you to care for your denture as an integrated part of your personal dental hygiene plan.

Your denture is a customised, precision-made device. It is constructed specifically to the shape and contours of your own teeth and mouth.

It's therefore important to look after it well. With a little care, your denture will retain its fit and continue to function correctly.

- An unclean denture is neither healthy nor comfortable. To clean, remove the appliance and brush with a toothbrush and toothpaste.
- Clean your denture whenever you clean your teeth-at least twice daily. Use a gel toothpaste or pH neutral handwash and a soft toothbrush-harsh abrasives and hard brushes may damage your denture.
- Remove and clean your denture after meals whenever possible.
- Brush your teeth as well before reinserting the denture.
- Your denture should be removed before going to bed and soaked overnight in a cleaning solution, such as Steradent.
- Be careful not to drop the denture on a hard surface, as it may break. Before you clean your denture, it's a good idea to fill the sink with water-so if you drop your denture, it's less likely to break.
- You may find wearing your denture a little strange at first. But you will soon get used to it.
- Your saliva flow may increase during the first few days of use. This will soon taper back to normal.

Denture-induced stomatitis

Stomatitis or oral thrush is inflammation of the tissue lining the mouth. Stomatitis may become evident on the upper palate, where the denture-bearing areas appear red and inflamed.

Maintaining good oral hygiene-including your denture-will prevent stomatitis. A fungicide may be prescribed to treat stomatitis.

See also ...

- Personal dental hygiene plan
- Seniors