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Denture Care Instructions

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Proper care of your dentures will help maintain their fit, function, and appearance while protecting your oral health. Follow these instructions carefully to keep your dentures in excellent condition.

CLEANING:

- **Use an ultrasonic cleaner** whenever possible, as this is the most effective way to remove debris and bacteria.
- **Brush your dentures daily** using the brush provided. This helps prevent plaque buildup, stains, and odors.
- **Use a denture-specific cleanser** (not regular toothpaste, as it can be too abrasive).
- After cleaning, **rinse thoroughly with water** before wearing.

STORAGE:

- Always **remove dentures before sleeping** to allow your gums to rest.
- Store them in a **denture solution** or a **clean dry place** overnight.
- **Avoid hot water**, as it can warp your dentures.

HANDLING:

- Handle your dentures with **care**. Dropping them can cause **cracks or breakage**.
- When cleaning, **hold them over a soft towel or a basin of water** to cushion any accidental falls.

ADJUSTMENTS & FIT:

- If your dentures **feel loose, cause sore spots, or irritate your gums**, contact our office for an adjustment.
- Do **not** try to adjust or repair your dentures yourself, as this can cause damage.
- Over time, **bone and gum changes** may require a denture **reline or replacement** to maintain a proper fit.

EATING WITH DENTURES:

- Start with **soft foods cut into small pieces** and chew slowly using both sides of your mouth.
- Avoid **sticky or hard foods** that can dislodge or damage your dentures.
- Drinking water with meals can help **prevent food from getting stuck underneath the denture**.



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ORAL HEALTH:

- Even with dentures, it is important to **clean your gums, tongue, and any remaining teeth daily** with a soft toothbrush or cloth.
- If you have **implant-supported dentures**, follow the specific cleaning instructions provided for your implants.
- Regular dental checkups are essential to **monitor oral health and denture fit**.

PROBLEMS OR CONCERNS?

If you experience discomfort, persistent sore spots, or changes in fit, please contact our office for an evaluation.

For **emergency assistance outside office hours**, call **Dr. Merrill at (587) 257-0102**.

