

**Denture Care &
Oral Health...
It's a Good Fit!**



Why Dentures?

Teeth can be lost due to tooth decay, gum disease or injury. Denture(s) are one option used to replace missing teeth. Denture(s) are made in a dental laboratory from moulds of your mouth. They are usually made from acrylic (plastic) and may have metal clasps to keep them in place. Complete denture(s) are required when all of your teeth are missing. They are removable, rest on your gums and stay in place with suction. A partial denture can be used to replace one or more teeth. It rests on your gums and is supported by your remaining healthy teeth.





**Remember:
A healthy
mouth means
a healthy you.**

New Denture Wearers:

- New denture(s) may feel strange and bulky at first
- Your face may feel “full”
- You may have an increase in saliva
- When you first wear your new denture(s) speaking and eating might take some practice
- When speaking, relax and talk in front of a mirror or read out loud
- When eating, start with foods that are soft and easy to chew and take small bites (eg. eggs, cheese, fish, chopped meat, cooked vegetables, pastas and soups)
- Avoid chewy or hard foods
- You may develop a sore spot on your gums with new denture(s): rinsing with warm salt water can help
- Contact your dentist/denturist for an adjustment.
Never attempt to adjust your denture(s) yourself
- Denture(s) can break or be lost, **always handle with care**

Be patient! It takes time to adjust and get used to wearing new denture(s)

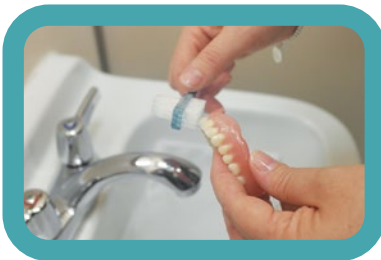
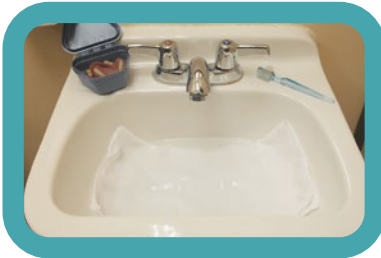
Mouth Care:

- Even if you have complete dentures you still need to care for your gums
- Cleaning your gums stimulates them and helps keep them firm and less likely to become infected
- When you remove your denture(s) give your mouth a good rinse, massage your gums with a clean wash cloth and brush your tongue and cheeks with a soft bristled toothbrush
- If wearing a partial denture, **remember to brush your natural teeth twice a day and floss daily**

These steps will help freshen your breath and keep your teeth and gums healthy. Healthy gums will keep your denture(s) fitting well.

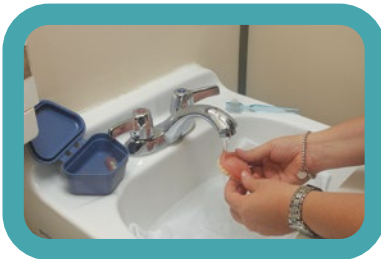
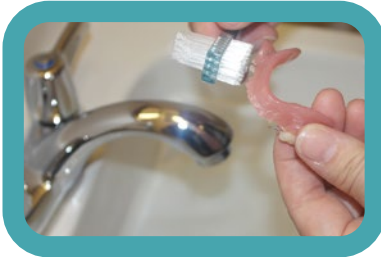


Cleaning Your Denture(s):



- Brush your denture(s) thoroughly at least once a day with a denture brush or a soft bristled toothbrush
- If possible, rinse your mouth and denture(s) with water after eating to remove any food
- Unless plaque is removed daily (from your mouth, teeth and denture(s)) it can cause tartar build up, gum irritation and infection, bad breath and cavities on remaining teeth

Cleaning Your Denture(s) (cont'd):



- Use only water, soap (hand or dish), denture paste or mouthwash to brush your denture(s) (toothpaste is abrasive and can scratch your denture(s))
- **Never use bleach or other household cleansers** as they can damage your denture(s)
- Place a towel in the sink or fill it with room temperature water in case you accidentally drop your denture(s)
- Grip the denture firmly and gently brush every surface (including metal clasps) to remove plaque and food particles
- Rinse your denture(s) thoroughly with water after cleaning

Important Advice:

- **Remove your denture(s) when you go to bed at night**, or remove them for 6-8 hours at another time during the day
- Your gums need to rest and breathe
- Wearing denture(s) 24/7 can irritate your gums, cause sore spots and even cause infection
- Denture(s) need to be kept moist. **When not in your mouth your denture(s) should be kept in water** (in a glass or denture case)
- **Never soak your denture(s) in hot water** (they could warp)

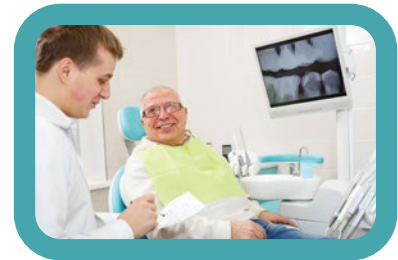
Stubborn Stains:

- For hard to remove stains and/or hard tartar deposits on your denture(s), soak them in a solution of 1/2 cup of vinegar and 1 cup of room temperature water for 30 minutes to loosen plaque and tartar
- **Do not soak a partial denture with metal clasps in a vinegar solution**, as the metal may tarnish
- Brush and rinse your denture(s) thoroughly after soaking to remove the loosened deposits and the vinegar solution
- Always brush and rinse your denture(s) before and after using a denture cleaning solution (following the manufacturer's instructions)



Regular Check-ups:

- Wearing denture(s) does not mean you can forget about dental check-ups
- Your mouth changes constantly, so your denture(s) may need adjusting to maintain a good, comfortable fit
- **Your denture(s) and your mouth should be checked by a dental professional yearly**
- Your dental professional can clean your denture(s), examine your mouth, check for oral cancer and review your home-care routine
- If you experience sore gums, pain, difficulty chewing, bad breath, or if your denture(s) are broken or loose, see your dental professional



Do's and Don'ts for a Great Smile:

Do...

- Handle denture(s) with care
- Remove denture(s) at night
- Visit the dentist regularly
- Clean your denture(s) at least once a day
- Brush your natural teeth twice and floss once a day
- Always keep denture(s) in water when not wearing them
- Be patient!

Don't...

- Attempt to adjust your denture(s) yourself
- Use bleach or other household cleaners to clean your denture(s)
- Soak your partial denture(s) with metal clasps in a vinegar solution
- Leave your denture(s) where they can be broken or lost
- Let a sore spot or sore gums prevent you from wearing your denture(s), see your dental professional
- Soak denture(s) in hot water

Healthy Mouth Healthy YOU



HEALTH
DEPARTMENT

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If you require this information
in an accessible format, contact
1-866-853-1326



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