



# Factsheet

## Caring for your dentures



### Brush dentures morning and night

Take your denture/s out of the mouth before cleaning them.

#### Clean them using:

- warm water,
- a spare toothbrush or denture brush, and
- liquid hand soap.

#### Do not use toothpaste to brush your denture.

Dentures can break easily so be careful not to drop them while cleaning them. Cleaning dentures over a towel or bowl filled with water can stop them from breaking if they are dropped.



### Soak your dentures

Soak your dentures in a denture cleaning solution to remove bacteria and disinfect them. You can buy these cleaning solutions from supermarkets or pharmacies.

Alternatively, if there is a build-up of hard deposits (tartar, calculus), dentures can be soaked overnight in a solution of white vinegar (diluted 1:4), then cleaned as usual.



### Take dentures out at night

Take your dentures out at night when you are sleeping. Put them in a dry, safe location after cleaning.

Keeping your dentures out while you are sleeping is similar to taking off your shoes and socks so that your feet are not always covered.

This reduces sore spots developing. It can also help stop infections affecting the gums around the denture/s.

### Visit the dentist regularly

Return to your dentist or dental prosthetist that made your dentures for any adjustments. It can sometimes take a few appointments until they are comfortable to wear.

Continue to have regular dental check-ups. It is important to have a check up even if you no longer have natural teeth.

