

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 dentures daily

Soak your denture/s in a denture cleaning solution every day.

Denture cleaning tablets can be bought from supermarkets and pharmacies. Use the tablets by following the directions on the packet.



Take dentures out at night

Take your denture/s out of your mouth at night when sleeping. Put them in a safe location.

Store your denture/s safely in a container when not wearing them. They may be kept in the container dry or soaked in water.

Keeping dentures out of your mouth at night time gives sore spots in the mouth time to heal. It can also help to stop infections affecting the gums under the denture.

Regular dental check-ups

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.

