



مؤسسة الرعاية الصحية الأولية
PRIMARY HEALTH CARE CORPORATION

**Clean your
dentures
every day!**



- Dentures are removable 'artificial teeth' used to replace one or more missing teeth. They help to restore the ability to chew food properly, natural facial appearance and clarity of speech.
- If you use a denture, maintaining good oral as well as dentures hygiene is essential. Harmful dental plaque (a film of soft debris and bacteria) continuously builds up on the surfaces of the denture in the same way as it does on natural teeth.
- Inadequate denture cleaning will cause malodor, swelling of soft tissues inside the mouth and a variety of bacterial and fungal infections. It is very important to clean the mouth and dentures after every meal.
- Always remove the denture and thoroughly clean the gums, cheek, palate and tongue with a wet, soft toothbrush and gently massage the soft tissues to remove the dental plaque and improve blood circulation in the mouth.
- Always take out the dentures (partial/full dentures) from your mouth for cleaning.
- Partial denture wearers should brush their remaining natural teeth at least twice daily to prevent tooth decay and gum diseases.

Denture Care Instructions

- ✓ Wash your hand well before and after denture cleaning.
- ✓ Dentures are very delicate and may break easily if dropped during cleaning.
- ✓ Clean the dentures over a sink filled with water or a folded towel to avoid accidental drop and damage to denture.



- ✓ Gently rinse the denture with cold water to remove the loose food debris before cleaning with toothbrush.
- ✗ Never use very hot/ boiling water to clean the dentures.
- ✗ Hard toothbrush and regular toothpaste may create fine scratches or grooves on denture surface, which will harbor more dental plaque.
- ✗ Do not use any product with bleach or detergent to clean the dentures.
- ✓ Brush all the surfaces of the denture using regular toothbrush or specially designed denture brush.



Denture brush is a specially designed brush with two heads



- The flat head is best used on smooth, convex surfaces.
- The tapered head is used to clean the other hard to reach areas.

Use liquid soap, non-abrasive toothpaste or commercially available denture cleansers to clean the dentures.

Make sure to brush all surfaces of the denture including those which make contact with the soft tissues inside the mouth.

Rinse the denture well and remove all traces of soap or paste before inserting dentures inside the mouth.

Clean the denture after each meal or at least twice every day - morning and night.



Commercially available denture cleaning solutions, tablets, creams, pastes and gels chemically remove plaque from dentures and may also be used as advised by dentists.

Denture cleaning tablets if used, should be placed into the water container with dentures, and soaked for the period of time as indicated in the manufacturer's instructions.

The bubbles produced by the tablet displace the plaque and food debris from the denture surface.



Remove the denture out of your mouth at night, to allow a period of rest for mouth.

Soak the denture in water whenever it is not worn and at night times.

Rinse denture thoroughly every time, before reinserting dentures inside your mouth.

Periodic dental checkups are very important.

With advancing age, the jaw bones undergo continuous changes. Dentures may become loose and ill-fitting after a few months/years.

Your dentist can detect these changes and advise to adjust/ replace the denture as needed.

