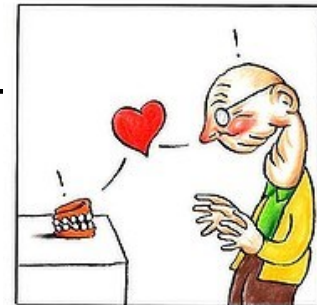


DAILY MOUTHCARE FOR PARTIAL AND/OR FULL DENTURE WEARERS:



1. Line your sink with a face cloth/towel to prevent dentures from breaking if they are dropped accidentally.
2. Remove your denture(s). Over the sink, brush all denture surfaces thoroughly using a denture brush and liquid hand soap or dish soap (toothpaste is abrasive and will scratch the denture). Remove denture adhesives daily to prevent infection. Use a clasp brush to clean any metal clasps.
3. Disinfect dentures daily by soaking in commercial denture cleaner (e.g. Polident or Efferdent) following manufacturers instructions. Brush your dentures before and after disinfecting in denture cleaner (avoid using bleach on partials – it will corrode the metal).
4. Using a soft toothbrush, brush any remaining natural teeth twice a day, focusing on where the teeth and gums meet.
5. Clean in between and under the gums on any remaining natural teeth.
6. Using a soft toothbrush, or a clean moist facecloth, gently massage and clean your gums, roof of mouth and cheeks. Plaque (bacteria) grows and sticks to all surfaces in the mouth; not just on teeth.
7. Clean your tongue using a soft toothbrush or a tongue cleaner – an unclean tongue is a major cause of bad breath!
8. Partial/complete dentures should be removed for the night. If you can't sleep without your denture(s), allow your tissues to rest by removing dentures for 4-6 hours during the day.
9. Always store dentures in cool water (not hot) to prevent warping and help maintain their proper fit.

*Sores and infections that are often painless can develop under your dentures.
It is important to see your dentist or dental hygienist for
a yearly oral cancer exam.*



UNIVERSITY
OF MANITOBA

Rady Faculty of
Health Sciences

CP Yakiwchuk & ME Wener
Revised 2018