



TOOTHOLOGY

Removable Partial and Complete Denture Home Care Instructions

Clean your dentures daily by brushing them with a soft-bristled brush and dish soap or denture paste, then soak them in water or a denture cleaning solution overnight to keep them from warping or drying out. Regular maintenance prevents bacterial buildup, protects your gums, and extends the lifespan of both partial and complete dentures.

Daily Cleaning Protocol

- **Rinse After Meals:** Remove your dentures after eating and run them under warm water to flush away loose food particles and debris.
- **Line the Sink:** Place a washcloth or towel in the sink basin, or fill the sink with a few inches of water, to act as a cushion in case you accidentally drop and crack the acrylic or porcelain teeth.
- **Brush Thoroughly:** Brush all surfaces of the dentures daily using a soft-bristled toothbrush or a specialized denture brush. Avoid standard toothpastes, as they can be highly abrasive and will scratch the denture plastic, creating tiny microscopic tracks where bacteria can hide.
- **Use Mild Cleaners:** Clean the appliance with liquid dish soap, hand soap, or a non-abrasive denture paste rather than harsh household chemicals.

Nighttime Soaking Routine

- **Never Wear Them 24/7:** Remove your partial or complete dentures for at least 6 to 8 hours every night to give your gum tissues and jawbone a chance to rest and recover from pressure.
- **Keep Them Wet:** Dentures must remain moist to retain their precise shape. Soak them overnight in room-temperature water or a specialized commercial effervescent soaking solution.
- **Avoid Hot Water:** Never use hot or boiling water to rinse or soak your dentures, as extreme heat can warp the acrylic base and ruin the fit.
- **Rinse Before Wearing:** Thoroughly rinse the dentures under running tap water in the morning before placing them back in your mouth to wash away any residual, irritating chemicals from the soaking solution.

Oral Hygiene and Gum Care

- **Clean Your Mouth:** Even if you have no natural teeth left, use a soft toothbrush or a damp washcloth to gently clean your gums, tongue, palate, and the insides of your cheeks every morning and night to stimulate circulation and remove plaque.
- **Partial Denture Care:** If you wear a partial denture, pay extra attention to brushing and flossing the natural anchor teeth that support the metal or acrylic clasps, as these teeth are highly prone to decay if food particles get trapped underneath.
- **Handle Metal Clasps Gently:** When cleaning partial dentures, be careful not to bend, twist, or put excessive pressure on the thin metal wires or clasps, as this can prevent the appliance from snapping securely into place.

Recommended Care and Maintenance Products

- **Efferdent Denture Cleanser Tablets:** This effervescent solution actively dissolves stubborn stains and kills 99.9% of odor-causing bacteria without scratching the acrylic.
- **Fixodent Complete Original Denture Adhesive:** This cream provides a strong, reliable all-day hold and creates a tight seal to prevent uncomfortable food particles from sliding underneath the denture plate.
- **Oral-B Denture Brush:** This dual-action brush features a large tuft of firm bristles for expansive flat surfaces and a smaller, tapered tuft to easily clean tight grooves and hard-to-reach contours.

What to Avoid

- **Bleach and Whitening Products:** Do not soak dentures in chlorine bleach solutions, as bleach can permanently change the pink color of the acrylic base and corrode the metal framework of partial dentures.
- **Scraping Tools:** Never use toothpicks, metal picks, or stiff wire brushes to scrape off stubborn tartar or calculus deposits, as this will permanently gouge the appliance.
- **DIY Adjustments:** Do not try to bend wires, file down rough spots, or glue broken denture pieces back together yourself with store-bought adhesives, which can be toxic and destroy the fit.