

KEYS TO SUCCESS

- Do not clean your dentures while they are in your mouth.
- Do not soak your dentures in bleach. The harsh chemicals can damage your dentures.
- Do not place your dentures in hot water. The heat may deform the plastic.
- Do not use glue to repair cracks in your dentures. Bring them back to your prosthodontist.
- Smoking, chewing tobacco, and a high-sugar diet can have a negative effect on your dentures.

LET'S STAY IN TOUCH

Your prosthodontist will create an at-home maintenance plan that is tailored to you. Ideally, you should have a follow-up visit every year to have the health of your mouth and gums examined and have your dentures cleaned and adjusted.

With regular visits to a prosthodontist, your dentures are more likely to look and feel great for a long time to come.

Because your jaws and gums will change over time, the dentures may need to be relined and eventually remade. To prevent continued bone loss underneath your dentures, dental implants may be a possibility. Implants can be used to improve the stability of your existing dentures or permanently secure them in the mouth.

Prosthodontists are dentists who have completed three additional years of postgraduate training beyond dental school. In addition to helping patients with dentures, they use the latest techniques, including advanced digital technology, to create personalized treatment plans and deliver efficient, long-lasting dental care.

Prosthodontists specialize in restoring beautiful smiles with dentures, dental implants, cosmetic dentistry, crowns, bridges, and more. They are dedicated to improving the oral health of their patients, from appearance to function.

Everything starts with a smile. Doesn't your smile deserve the best care possible?

Visit a prosthodontist today.



Your smile.
Our specialty.®

compliments of

caring for your dentures



Your prosthodontist can give you a brand-new set of dentures that look and feel great.

You're in control when it comes to how long they stay that way.



CLEAN DAILY

Food particles, debris, and plaque must be removed from your dentures every day. Otherwise, bacteria and fungi will begin to collect, which can affect your denture and your oral health. Careful daily cleaning also helps prevent gum irritation and fungal infections (aka candidiasis) – not to mention bad breath.

Follow these steps to keep your dentures clean:

- Rinse your dentures with lukewarm water.
- Brush your dentures with non-abrasive denture cleanser and denture brush, as recommended by your prosthodontist (photos 1, 2).
- Soak your dentures in water or a commercial cleansing solution overnight (photo 3).
- When they're not in your mouth, your dentures must be stored in moisture. If your dentures dry out, they may warp and not fit your mouth (photo 4).
- Rinse your dentures thoroughly before putting them into your mouth for the day.

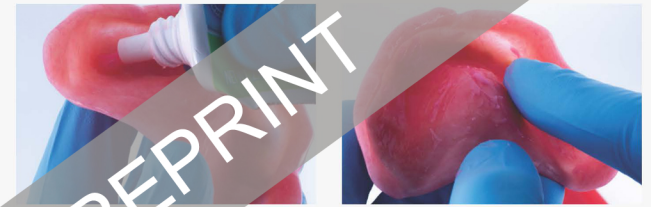
Prosthodontists recommend removing your dentures for at least four to six hours a day. This can be while you sleep. Your gums need rest, too!

USE ADHESIVES PROPERLY

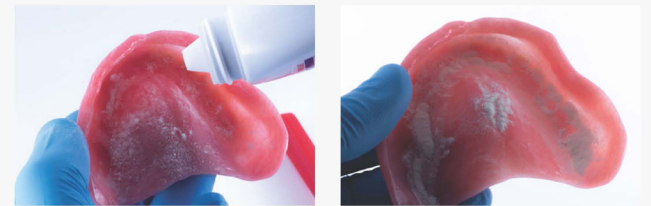
Every day, you should remove any leftover adhesive from the dentures and your mouth. Using a soft brush, wash with anti-bacterial soap and water.

If you have any questions about using adhesives, ask your prosthodontist. Bear in mind that adhesives are not intended to make old dentures fit better. If your dentures don't fit as well as they used to, they may need to be relined, you may need a new denture, or you may need dental implants for added support.

Adhesives can help with stability but they should not be used not as a main source of retention. If you find that you are using more adhesive to achieve the same level of comfort, have your dentures and gums checked by a prosthodontist.



To apply an adhesive cream, dab three or four pea-sized dots on each denture. For your upper denture, apply the dabs on the part that fits against the roof of your mouth. For your lower denture, distribute three or four dabs evenly around the inside area.



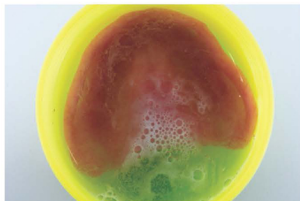
For powder-based adhesives, sprinkle a thin layer over the part of the denture that fits against the roof of your mouth. Dip the denture in water for a few seconds, and then place it in your mouth.



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2



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