

## AVOID THESE MISTAKES

- Do not clean your dentures while they are in your mouth. Commercial denture cleansers with a specially-designed brush should be used outside of your mouth.
- Do not soak your dentures in bleach. The harsh chemicals can damage your dentures.
- Do not place your dentures in boiling or extremely hot water. The heat may deform the plastic.

Your prosthodontist should examine your mouth and gums, and inspect and clean your dentures annually. Because your jaws and gums continue to change and shrink after your teeth are removed, your dentures will need to be remade after a period of time. Generally the lifespan of dentures is about five years.



## FOR MORE INFORMATION



Your oral health, your general health, and your enjoyment of life are related to the fit, quality, and daily care of your dentures. To make the most of your health, comfort, and confidence, you were wise to select a prosthodontist, a dentist who specializes in making dentures, as well as in caring for and maintaining your dentures.



211 E Chicago Ave., Suite 1000  
Chicago, IL 60611  
312.573.1260  
[GoToAPro.org](http://GoToAPro.org)

compliments of

© 2015 American College of Prosthodontists

## caring for your dentures



## PROTECT TO LAST LONGER

You love how your new dentures look and feel. Keep them that way by taking special care of them and your oral health.



Your smile.  
Our specialty.®

## CARE DAILY FOR YOUR DENTURES

Food particles, debris, and plaque must be removed from your dentures each day. Careful daily cleaning also prevents gum irritation and decreases bad breath. Remove your dentures to allow your gums to rest each day.

- Rinse your dentures with lukewarm water.
- Brush your dentures with non-abrasive denture cleanser, as recommended by your prosthodontist.
- Soak your dentures in water or a commercial cleansing solution overnight. When not in your mouth, dentures must be stored in moisture. Once dentures dry out, they may warp and not fit your mouth.
- Rinse your dentures thoroughly before putting them into your mouth.



## USE ADHESIVES PROPERLY

Proper use of denture adhesives may improve the stability of your dentures and minimize the possibility of food packing underneath the dentures. Denture adhesives should not be used with old, ill-fitting dentures to make them "fit better."

### How to properly apply:

- Dab three or four pea-sized dots on each denture.
- Remove daily any denture adhesive used on the dentures or left in the mouth.

Using adhesive may make your well-fitting dentures feel tighter and more stable, allowing you to feel more confident. However, denture adhesives will not improve your ability to chew food.

The effects of using denture adhesive for longer than six months on the gums and the mouth are not known. If you are increasing the amount of denture adhesive to achieve the same level of comfort or for extended periods, have your dentures and gums checked by a prosthodontist.

If you have any questions or concerns about using denture adhesive, ask your prosthodontist.



For your upper denture, apply 3 or 4 dabs of denture cream, the size of a pencil eraser, on the upper part of the denture that fits against the roof of your mouth.



For your lower denture, distribute 3 or 4 dabs the size of a pencil eraser evenly around the inside area of your lower denture.