

Removable dentures - correct handling and care

Dentures also need special care.

Total dentures are cleaned best with a small nail brush or by using a special prosthesis brush which is available on the market, with a regular toothpaste.

Cheap toothpastes are often more abrasive, which aids better cleaning.

The dentures are smooth and slippery when wet so to avoid loss or damage it is a good idea to fill the wash basin with water or lay a hand towel beneath where you are cleaning them. This will aid a soft landing and prevent them from potential damage should they fall.

Cleaning with special dental cleaning tabs is not advisable, as the cleaning substance is particularly damaging and sooner or later your dentures will become bleached and brittle.

What is more these denture cleaning tabs are no all in one cleaning substitute, your dentures will still need to be mechanically cleaned.

Stains and scale can be removed by using a mild household detergent and a soft brush. Rinse thoroughly.

Should however a denture become cracked, we strongly advise you not to purchase and use "repair-sets" in an attempt to repair them yourself.

In most cases further damage is caused.

Please keep hygiene in mind and remember that regular oral cavity cleaning is of utmost importance!

When total dentures are fitted they prevent the tongue from massaging and smoothing the gum area. Therefore, to support blood circulation, it is recommended to clean and massage the gum twice daily with the help of a soft brush and mild toothpaste.

This way, the area supporting the denture will stay healthy, which in turn is good for perfect fitting dentures.

For all total and partial dentures it is important that:

The dentures need to stay in over night

There is no significant difference between the caring of a total denture or a partial denture, other than taking more care of the so-called "retaining elements" (clasps). Should these retaining elements become deformed, this can likely lead to an improper fit, and, if unnoticed, in the worst case scenario will cause further damage to remaining teeth.

Removable dentures need to be regularly examined by a dentist, and if necessary be relined.

In the case that the denture is causing pressure marks, the dentures should be worn for a few hours prior to your check up. This will allow your dentist to identify and confirm where these pressure marks are in your mouth.

Should the denture still not sit correctly, adhesive creams can be used, but only as a temporary measure, as an ill fitting denture can lead to serious damage to the jaw and remaining teeth.

Furthermore, denture adhesives can quickly become colonised by bacteria which can in turn lead to mouth infection.

As this is the case, when using denture adhesives, the mouth needs to be cleaned twice daily and at the same time all denture adhesive should be removed and reapplied following this.

As soon as possible the denture will need to be examined by a dentist.

The same applies for orthodontic apparatus and splints / mouth-guards.

with kind regards

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