



# Denture Do's and Don'ts

Denture Do's	
DO THIS	Why?
Handle your dentures carefully	Although dentures are made out of an acrylic material, this material can be quite fragile if dropped on a hard surfaces or place under objects. Avoid damage but carefully handling and placing them in a protective case when not being used.
Remove and rinse dentures after eating	Dentures also act as food traps, although they are designed to minimise food traps, sometimes they are still present, causing food to stick into areas of the denture. If left uncleaned the dentures will accumulate plaque making it much harder to clean in future.
Remove and clean dentures before bed each day	Same as above, it is important to give dentures a proper clean at least once a day before bed and rinsing throughout the day in order to get better longevity out of the denture. Download our denture hygiene guide for more information.
Rinse dentures before putting them back in your mouth	Sometimes cleaning products can be harmful if accidentally ingested, this may result in you feeling sick. It is best to get in the habit of rinsing your denture after cleaning / storing them each night before placing them in your mouth.
Take proper care of your mouth	Even if you are missing all your teeth or have some teeth present, it is important to clean both the denture and your mouth. If you neglect your oral hygiene it can lead to problems.
Schedule regular denture checkups	It is very important to have regular checkups at least once a year in order to maintain your health and denture. This ensures retention and fit remain optimal and problems can be dealt with before it potentially damages you.
See your Dental Prosthetist if the denture is loose	Like anything, your mouth will begin to change. Some of these changes can come in the form of bone loss, flabby tissue or poor saliva quality. These changes contribute to an ill-fitting denture resulting in your denture becoming loose.

Denture Don'ts	
AVOID THIS	Why?
Avoid hot / boiling water	This can warp / distort your denture leading to an ill-fitting denture.
Avoid cleaning with toothpaste or other abrasive materials	This will scratch / damage your denture making more prone to staining / plaque build-up.
Avoid whitening / bleaching agents	This will damage your denture acrylic.
Avoid medium and hard bristle brushes	This will scratch your denture making it more prone to staining / plaque build-up.
Avoid wearing dentures at night	This can lead to denture stomatitis or inflammation of your gums.
Don't use sharp objects to clean your denture	Dentures have smooth surfaces, so you may slip and accidentally stab yourself.
Don't neglect your denture	If neglected your dentures aesthetics and function can change over time, resulting in needing a new denture.

