



Denture Care and Maintenance

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1. Careful daily removal of all bacteria present in both your mouth and on your complete denture is very important to reduce irritation from your denture and it helps contribute to good oral and general health
2. In order to reduce levels of plaque and potentially harmful bacteria and fungus patients who wear dentures should do the following:
 - A. Dentures should be cleaned daily by soaking and brushing with an effective, nonabrasive denture cleanser
 - B. Denture cleansers should only be used to clean dentures outside of mouth
 - C. Dentures should always be rinsed thoroughly after they are soaked and brushed with denture cleansing solutions prior to reinsertion into mouth. All product recommendations should be followed.
3. Dentures should be cleaned annually by a dentist or dental professional using ultrasonic cleaners to minimize bacteria accumulation over time.
4. Dentures should never be put in boiling water.
5. Dentures should not be soaked in any product containing bleach for periods over 10 minutes. Any period of soaking longer than this can cause damage to the dentures.
6. Dentures should be stored immersed in water after cleaning, when not in the mouth in order to prevent warping.
7. Denture adhesives when used properly can improve retention and stability of dentures and help seal out accumulation of food particles under the dentures even when the dentures are well fitting.
8. In a quality of life study patient ratings showed that denture adhesives may improve the dentures wearers perception of retention, stability and quality of life, despite this denture adhesives may not improve chewing function.

9. Evidence showing the effects of denture adhesive on oral tissues for periods over 6 months is lacking. Long term use of denture adhesive should not be considered without periodic assessment of denture quality and health of supporting tissues by a dentist.
10. Improper use of zinc containing denture adhesives may have adverse systemic effects. Therefore, as a precaution zinc containing adhesives should be avoided. This can be avoided by reading the ingredients on the back of the denture adhesive product before purchase.
11. Denture adhesive should only be used in proper quantities, 3-4 pea sized dollops on each denture to provide enough added retention and stability.
See figure 1 for example.
12. Denture adhesives should be completely removed from your denture and mouth daily.
13. If increasing amounts of adhesive are required to achieve retention the patient should see a dentist to evaluate the fit of the dentures.
14. It is not recommended that dentures be worn for 24hours in an effort to reduce or minimize irritation caused by dentures.
15. Patients who wear dentures should be checked annually by the dentist for maintenance of ideal denture fit and function, also to evaluate for oral lesions, general oral health and bone loss.

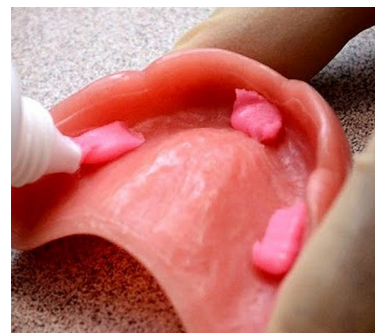


Figure 1

Acknowledgements

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Referenced material drawn from Felton D, Cooper L, Duqum I, Minsley G, Guckes A, Haug S, Meredith P, Solie C, Avery D, Deal Chandler N; American College of Prosthodontists. Evidence-based guidelines for the care and maintenance of complete dentures: a publication of the American College of Prosthodontists. *J Prosthodont.* 2011 Feb;20 Suppl 1:S1-S12. doi: 10.1111/j.1532-849X.2010.00683.x. PMID: 21324026.