

Fylde Dental Clinic

Private Dental Health Services

DENTURE CLEANING ADVICE SHEET

Q. How often should I clean my dentures?

A. It is important to treat your dentures like you would natural teeth. They should be kept clean as possible to prevent further tooth loss, inflamed gums or bacterial and fungal infections. We usually recommend that you clean thoroughly twice a day, and after eating when necessary.

Q. How should I clean my dentures?

A. The general rule is: brush, soak and brush. Always clean your denture over a bowl of water or a folded towel in case you drop them. Brush your dentures before soaking, to help remove any food debris. Soak the denture in the dentures in a specialist cleaner for a short time (no more than 10min), if you prefer and then brush the denture again be careful not to scrub too hard as this may cause grooves in the surface. Make sure you clean all surfaces of the dentures, including the surface which comes in contact with the gums. This is especially important if you use any kind of denture fixative.



Q. What should I use to clean my denture?

A. There are different denture cleaning products however most dentists and clinical dental technicians recommend a small-medium headed toothbrush to reach the awkward corners and ordinary soap. Soaking solutions often remove staining and bacteria. We recommend you follow product instructions and do not leave over night.



Q. Is there anything I should avoid?

A. It is important not to use any type of bleaching product to clean your denture. Bleaching can lead to weakening of the denture as well as making it look unsightly. Do not use very hot water to soak the denture and again, it can weaken the denture causing it to break.

Q. What should I do if I have a soft lining?

A. Soft lining is used for people who may have sensitive gums. If you have a soft lining please check with your dentist or Clinical dental technician before using any cleaning products or fixatives as some products damage soft lining.

Q. What if I have a metal denture?

A. Some commercial cleaning products can damage metal dentures, so it is important to discuss cleaning options with your dentist or clinical dental technician before purchasing these products. If your denture has clasps you need to take particular care when cleaning to avoid damage.



Q. Can my dentist clean them?

A. Some people do build up tartar on their dentures just as they would on their natural teeth. If plaque is not removed properly, it can react with your saliva and harden into tartar. As with your own teeth you will not be able to remove the tartar completely yourself and eventually it can make the denture uncomfortable and unsightly. Your dentist or clinical dental technician can remove the tartar using a professional cleaning machine.



Q. Do I still need to see the Dentist?

A It is important to visit your dentist regularly even if you don't have any natural teeth. Dentists do not only check teeth, but also soft parts of the mouth, including the tongue and cheeks. These examinations are just as important, so the dentist can spot any infections, mouth conditions or even mouth cancer at the earliest stages. Your dentist will be able to tell you how often you should visit.