

Home Care Instructions for Your New Dentures and Tissue Health

Now that you have your new denture, it is just as important to keep your mouth clean as it was when you had natural teeth.

It is advisable to frequently use a salt water rinse (1/2 teaspoon table salt in 8 oz. warm water), particularly if irritation occurs. The warm solution should be kept in the area of irritation until it cools and then replaced with another mouthful. This is not only refreshing but helps decrease the severity of the tissue irritation.

Cleaning

Your denture should be removed and cleaned after eating and before going to bed. The mouth and any remain natural teeth should also be cleaned. Remove your denture and scrub with a soft toothbrush and cool water to remove food particles. It is best to do this over a sink full of water in order to provide a cushion in case the denture is accidentally dropped. Use a terry cloth washcloth around your index finger to scrub the tongue and oral tissues including the palate or roof of the mouth.

After removing the food particles, clean your denture with a soft toothbrush and aliquid dish washing soap such as liquid Palmolive or Ivory. It is NOT advisable to use any abrasive type cleaner or stiff bristle brush on your denture. Rinse your dentures thoroughly before replacing them back in your mouth.

Soaking

Soak you denture in a cleaning solution daily. I recommend Stain Away; this product will remove both tartar and stain. It is available through drugstores and wholesale outlet stores. Prior to soaking, rinse and brush away food particles. I also recommend rinsing your mouth with warm salt water during the soaking.

If you prefer, other cleaning solutions such as Kleenite, Mersine or Polident may be used but in my opinion, they are not as effective a Stain Away. No matter which product, follow the instructions on the container.

Weekly soaking you cleaned denture in vinegar and water for 30 minutes will also help remove mineral deposits. Equal pars of vinegar and water will usually keep these deposits for collection, but stronger solutions may be necessary if deposits are present(these deposits are easier to detect if the denture is dry). After soaking, brush with liquid soap and rinse thoroughly.

Rest

The denture should be removed daily for a minimum TWO HOUR REST PERIOD. This is essential for the health and well being of the tissues. An excellent time to do this would be at night while sleeping unless you can not rest comfortably without the denture to support your lower jaw. Any time the denture is out of the mouth for an extended period, it should be placed in a container of cool water. This will prevent denture dehydration with its associated brittleness and distortion.

An exercise that can also greatly enhance your oral health involves massaging your gum tissue. This can easily be accomplished by chewing four to six pieces of Double Bubble

gum (available in bulk at Costco) with your dentures out of the mouth. Do this for 15 minutes; initially you may not be able to continue the exercise for 15 minutes if your jaw muscles become cramped or overly fatigued. If this occurs, gradually increase the exercise period over time until you can comfortably do it for 15 minutes. You can do this exercise several times a week. New pieces of bubble gum may be softened under warm running water to form a ball (and remove the powdered sugar) before chewing. Never try to form the ball by placing hard gum in the mouth, even one piece at a time! After each exercise period, place the ball in a large mouth jar with a lid and a few drops of water or flavoring solution. It is not necessary to use a new “ball” each time.

Adjustments

Should sore spots or frank abrasion occur, you may call the office for an appointment. Adjusting the denture yourself is strongly discouraged. You may think you know where to relieve the base, but there is a definite danger in relieving the wrong place or too much. The cause may not be the base material, but the way the teeth come together while chewing or swallowing. Rest is the best healer. If you will give the tissue a chance to rest, it will usually clear up without an adjustment. But, if it doesn't or should recur, by all means, call for an appointment and let the Doctor adjust the denture. There is no point in suffering needlessly.

Annual Recall

To keep your cutting blades sharp and efficient, you should return for occlusal refinement each year. Screening will be performed as well.