Tips for caring for your dentures:

Protect

Since dentures can break easily, it's a good idea to put down a towel or fill the bathroom sink with water before cleaning your dentures.

Handle them gently so you don't bend or damage the plastic or attachments.

Remove and rinse

Rinse your dentures under warm (*not hot*) water to remove food particles.

Brush

It's important to clean your dentures daily by brushing and soaking them.

Daily brushing removes food particles, bacteria and plaque, and helps keep your dentures stain-free.

What should you use to clean your dentures?

Use a moist, soft-bristled toothbrush or denture brush and denture cleanser.

If you use denture adhesive, clean the grooves that fit against your gums to remove any remaining adhesive.

Use a denture cleaner or gel. Regular toothpaste, especially whitening toothpaste, is *too harsh* for cleaning dentures.

A mild hand soap can also be used to clean your denture. But *avoid harsh products* like vinegar, bleach, or baking soda that can damage or scratch dentures. Scratches can harbour bacteria growth. Ask your dentist to suggest a good denture cleanser.

Soak

Dentures should be soaked overnight or when removed from the mouth in warm water (*not too hot*) or a denture-soaking solution.

You can soak your dentures in the solution for a few minutes or overnight, depending on the product instructions.

Don't soak dentures with metal attachments in solutions containing bleach or chlorine. Bleach or chlorine can damage dentures and tarnish and corrode the metal.

Rinse again

Be sure to rinse your dentures before putting them back in your mouth, especially if using a denture-soaking solution.

Never chew, swallow or gargle with denture cleansers, which can contain harmful chemicals.

Maintain

It's important to see your dentist and hygienist regularly for professional cleanings and to have your dentures examined for proper fit.

Your dentist can also check the inside of your mouth to make sure there are no concerns.

See your dentist right away if your dentures become loose. Poor fitting denture can cause irritation and lead to sores and infections.