

Denture Care – Don W. Heyen, DDS

Based on the best available evidence, the following are guidelines for the care and maintenance of dentures:

1. Daily cleaning of the dentures to remove the bacteria biofilm is extremely important.
2. To remove the biofilm, 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 the mouth.
 - c. Dentures should always be thoroughly rinsed after soaking and brushing with denture-cleansing solutions prior to reinsertion into the oral cavity. Always follow the product usage instructions.
3. Dentures should be cleaned annually by a dentist using ultrasonic cleansers to minimize biofilm accumulation over time.
4. Dentures should never be placed in boiling water.
5. Dentures should not be soaked in bleach for periods that exceed 10 minutes.
6. Dentures should be stored immersed in water after cleaning, when not replaced in the mouth, to avoid warping.
7. Dentures adhesives can improve the retention and stability of the dentures and help seal out the accumulation of food particles but are not mandatory.
8. Improper use of zinc-containing dentures adhesives may have adverse systemic effects. Avoid using zinc-containing adhesives.
9. Denture adhesive should be used only in sufficient quantities (3 or 4 pea-sized dollops) on each denture to provide sufficient added retention and stability to the dentures.

10. Denture adhesives should be completely removed from the dentures and the oral cavity on a daily basis.
11. If increasing amounts of adhesives are required to achieve the same level of denture retention, see your dentist.
12. Annual check-ups are suggested to evaluate the fit, function and status of tissues (bone and gums) underneath the dentures.