

### **Steps to cleaning a denture:**

Hold the denture in the palm of your hand over a sink of water or over a towel. This way if the denture would fall, it would be protected.

You may choose to use liquid hand soap or mild dishwashing liquid and warm water to clean your denture. Do not use other types of household cleaners or toothpaste which may be too abrasive on your denture.

Clean your denture by thoroughly rinsing off loose food particles.

Moisten the brush and apply the liquid hand soap or mild dishwashing liquid.

Brush all surfaces gently to avoid damaging the clasps.

**It is important to give your oral tissue a break from wearing the denture, so we advise patients to remove the denture for night time.**

Your partial may require adjusting at some point in time. As you age your mouth naturally changes which often affects the fit of your denture. Your bone and gum ridges can shrink, resulting in a loose-fitting denture. A partial denture that does not fit properly should be adjusted by your dentist or a denturist (depending on who made the denture) to prevent the onset of sores. We do not recommend patients try to adjust their denture themselves. You can do serious harm to your denture and it should only be adjusted by a professional. Glues that are sold over the counter often contain harmful chemicals and should not be used on a denture. If your denture no longer fits properly, if it breaks, cracks or chips, or if one of the teeth becomes loose, see your dentist or denturist (depending on who made the denture) immediately. In many cases an adjustment can be done on the same day. Any complicated repairs may require that the denture be sent to a dental laboratory for repair.

**Always be certain to bring your denture along to all dental appointments so that adjustments can be made if they are necessary. If there are any fillings, crowns or bridges being done, the dentist will need to be certain that the fit of the denture is taken into consideration.**