



# Caring for Dentures

## How to Keep Your Dentures Clean, Comfortable, and Long-Lasting

### Why Is Denture Care Important?

Dentures replace missing teeth and help restore your ability to eat, speak, and smile with confidence. Like natural teeth, dentures require **daily cleaning and proper care** to prevent stains, unpleasant odors, infections, and damage.

Good denture care also helps maintain the health of your gums and the tissues that support your dentures.

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## Types of Dentures

There are several types of dentures, including:

- Complete (full) dentures
- Partial dentures
- Implant-supported dentures

Although each type has different features, all require regular cleaning and routine dental care.

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## Should Dentures Be Cleaned Every Day?

Yes.

Dentures should be cleaned **every day** to remove:

- Food particles
- Dental plaque (biofilm)
- Bacteria
- Fungi
- Stains

Regular cleaning helps prevent oral infections and keeps dentures looking and smelling fresh.

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# How to Clean Your Dentures

Follow these simple steps every day.

## Step 1: Remove the Dentures Carefully

Handle dentures over a folded towel or a sink filled with water to reduce the risk of breaking them if dropped.

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## Step 2: Rinse After Meals

Remove and rinse your dentures with running water after eating to remove loose food particles.

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## Step 3: Brush Your Dentures

Use:

- A soft denture brush or soft toothbrush
- A non-abrasive denture cleanser

Brush all surfaces, including:

- The teeth
- The inside surface
- The areas that rest against your gums

Avoid using excessive force.

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## Step 4: Rinse Thoroughly

Rinse away all cleaning solution before placing the dentures back into your mouth.

Always follow the manufacturer's instructions if using a denture cleanser.

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## Should You Use Regular Toothpaste?

No.

Many regular toothpastes contain abrasive ingredients that can scratch denture materials.

Instead, use:

- A denture cleanser
- A cleaner specifically recommended for dentures

Scratches can make it easier for plaque and stains to accumulate.

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## Should Dentures Be Soaked Overnight?

In many cases, **yes**.

Most removable dentures should remain moist when not being worn.

Many dentists recommend soaking dentures overnight in:

- Clean water
- A denture soaking solution recommended by the manufacturer

Always follow your dentist's instructions, as some denture materials have specific care requirements.

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## Should You Sleep with Dentures?

Most dentists recommend **removing dentures at night** unless instructed otherwise.

Removing dentures while sleeping allows the gums to rest and may help reduce the risk of:

- Denture stomatitis (inflammation beneath the denture)
- Fungal infections
- Pressure sores

Your dentist can advise you if your situation is different.

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## Don't Forget Your Mouth

Even if you no longer have natural teeth, you should still care for your mouth every day.

Use a soft toothbrush or a damp cloth to gently clean:

- Your gums
- Tongue
- Roof of the mouth
- Inside of the cheeks

This helps remove bacteria and stimulates healthy circulation.

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## What If Your Dentures Feel Loose?

Dentures may become loose over time because the shape of the jawbone changes naturally.

Loose dentures can:

- Cause sore spots
- Make eating difficult
- Affect speech
- Increase the risk of irritation and infection

Do **not** attempt to adjust dentures yourself.

Your dentist can determine whether they need adjustment, relining, repair, or replacement.

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## Can Dentures Break?

Yes.

Although dentures are durable, they can crack or break if dropped.

To reduce the risk:

- Handle them carefully.
- Clean them over a towel or water-filled sink.
- Store them safely when not in use.

If your dentures become damaged, contact your dentist rather than attempting to repair them yourself.

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## Denture Adhesives

Some people use denture adhesives to improve stability.

Adhesives may help:

- Improve comfort
- Increase confidence while eating and speaking
- Reduce minor movement

However, adhesives **should not be used to compensate for poorly fitting dentures.**

If your dentures frequently become loose, schedule a dental appointment.

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## When Should Dentures Be Replaced?

Dentures do not last forever.

They may need adjustment or replacement if they:

- No longer fit properly
- Become cracked or damaged
- Show significant wear
- Cause persistent discomfort
- Affect chewing or speech

Many dentures require replacement or major adjustment after several years because the mouth changes over time.

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## Regular Dental Visits Still Matter

Even if you wear complete dentures, regular dental examinations remain important.

Your dentist will:

- Examine your oral tissues
- Check the fit of your dentures
- Screen for oral cancer
- Evaluate the health of your gums and jaw

Routine visits help identify problems before they become more serious.

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## Common Myths

**"Dentures don't need to be cleaned every day."**

**False.**

Dentures collect bacteria, plaque, and food debris just like natural teeth and require daily cleaning.

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**"It's fine to sleep with dentures."**

**Not usually.**

Most dentists recommend removing dentures at night to allow the oral tissues to recover and to reduce the risk of infection.

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**"Loose dentures are normal."**

**False.**

Loose dentures should be evaluated by a dentist, as they may need adjustment, relining, or replacement.

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## Key Takeaways

- ✓ Clean your dentures every day using a denture brush and a non-abrasive denture cleanser.
  - ✓ Remove and rinse dentures after meals whenever possible.
  - ✓ Most removable dentures should be taken out at night.
  - ✓ Clean your gums, tongue, and oral tissues daily—even if you have no natural teeth.
  - ✓ Never attempt to repair or adjust dentures yourself.
  - ✓ Continue seeing your dentist regularly for denture maintenance and oral health examinations.
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## References

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