



DENTURES

Dentures fill the gaps created by lost teeth and help the facial and jaw muscles to work properly so that you can eat, speak, and smile normally.

Dentures are made of an acrylic base that supports fabricated teeth usually made of porcelain or acrylic. The base is shaded to match the natural colour of your gum tissue for a seamless look. Since they are made to match the structure and form of your mouth, they will help maintain the look and structural integrity of your face. A dental lab will craft your dentures and shape them to exact proportions based on custom impressions of your mouth.

How to Clean Dentures

Just like natural teeth, it is important to brush dentures and keep them clean to avoid the spread of bacteria, to keep breath fresh, and keep your gums healthy. Read below for information regarding how to clean dentures.

Rinse your dentures before brushing to remove any loose food. Use a soft-bristle toothbrush and water to brush all the surfaces of the dentures twice per day. This removes food particles and plaque and also helps keep your dentures from staining. Avoid conventional toothpaste. You can purchase cleaner created just for dentures at your local pharmacy or grocery store.

Eating with dentures

- Take it Slow.
- Bite With Care
- Chew Evenly.
- Be Careful of Hot Liquids.
- Cut Your Food into Smaller Pieces.
- Be Mindful of Tough Foods.
- Be Careful with Sticky Foods

Denture Care

It is important to regularly clean your dentures and handle them with care.

Handle carefully. You can easily prevent denture damage when removing or cleaning dentures by filling the sink with water or placing a folded towel in the sink to prevent accidental falls

Keep dentures moist. Soak your dentures in cool water or denture cleaning solution when not in use. This will keep them from drying out. Refrain from using water that is too hot, as this can warp dentures

Give them a rest. Remove your full or partial dentures and soak them every night. This will keep them moist and allow your gum tissue to rest

Cleaning of your dentures. Just like natural teeth, it is important to brush dentures and keep them clean to avoid the spread of bacteria, to keep breath fresh, and keep your gums healthy. Use a soft-bristle denture brush and cool water to brush all surfaces. After every time you eat, be sure to rinse your dentures with water to keep them fresh for longer.

Use a soft-bristle toothbrush and water to brush all the surfaces of the dentures twice per day. This removes food particles and plaque and also helps keep your dentures from staining. Avoid conventional toothpaste.

Next, use a denture cleanser for removable dentures. Soaking dentures in a cleaning solution can help reduce the bacterial load which may reduce denture-related odour. Manufacturer instructions should be followed.

The frequency of denture replacement

Here is a list of examples “red flags” signalling that a denture may need to be replaced. It is important to be evaluated by your dentist for replacement when at least one of the following conditions occurs:

- If chronic irritation (inflammation) exists beneath the denture bases
- If denture adhesives are required to eat, or to retain the dentures socially (i.e., when the dentures will not remain in place by themselves), or when adhesives must be used more than once daily.
- If the denture has degraded sufficiently so that it is not stable in the mouth, no longer matches the other dentition, no longer fits well, or if the denture itself or the prosthetic teeth are discoloured, cracked, broken, or missing.
- If there is a change in the teeth supporting a removable partial or overdenture.
- If it has been more than 5 years since the denture was fabricated.