Appendix I: Denture Care


- Brush the denture(s), using a denture brush, regularly after each meal, or at least before bed to remove loose food debris, plaque and some stains. Rinsing dentures under water after meals will also remove loose food debris.
- Do not use scouring powders or other abrasive cleaners as they scratch the denture making it more susceptible to collecting debris, plaque and stain.
- Brush both the denture(s) and gums carefully. A soft toothbrush should be used for the gums.
  Be sure to clean and massage the gums.
- Use a separate brush for cleaning any natural teeth.
- If using a toothbrush is painful, try using a finger wrapped in a clean, damp cloth.
- Take dentures out every night, and soak them overnight. Soaking dentures loosens plaque and tartar.
  Removing the dentures for several hours helps to prevent gingival irritation and possible candidiasis infections.
- Soak dentures in warm water with a denture cleanser, or in a mix of warm water and vinegar 1:1 solution – (CDA, 2007). Soak dentures in warm water without vinegar if there are metal clasps on the dentures.
- After overnight soaking, rinse and brush the denture(s) as described above prior to wearing them for the day.

Denture Removal Technique

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