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Home Care Instructions for Dentures and Partial

It is extremely important to clean your dentures daily. Dentures and partials can harbor bacteria that can cause infections and sores in your mouth. Food particles that become trapped under the denture can cause inflammation of the gums and sore spots.

After eating remove your dentures and clean with a soft brush and a gel(non-abrasive) tooth paste or mild soap. Dentures should be placed in an enzymatic or denture cleaner once a week to remove stains and bacterial film. Partials should not be placed in denture cleaner of any kind, as the metal will corrode over time and the metal free partials are made of a material that cannot tolerate the enzymes in the cleaner as well. Simply clean them with a mild dish soap and water.

Dentures and partials should be placed in a small tub of water to keep them hydrated when they are not being worn. You should remove your dentures for a minimum of 6 hours per day, usually at night. At night, we recommend that you remove the denture/partial. This allows the tissue to breathe and heal by removing the pressure that is on the gums and tissues.

Most new dentures require a “breaking in” period before they become comfortable. This length of time varies with each individual. Please remember to contact us right away if you develop a sore spot. Soreness due to uneven pressure on the gums may develop at any time. These spots are best corrected if you have worn the dentures 3-6 hours prior to coming in for an adjustment.

Dentures may become loose over time due to weight loss, tissue or ridge shrinkage and may require a laboratory reline to regain fit. Additionally, implants may become necessary to maintain function. These procedures, are separate from the original denture and do have an additional fee.

We recommend that a dentist check your partials each time your teeth are cleaned and examined and if you have complete dentures we recommend the dentures are checked annually and a thorough oral cancer screening is performed.