



## **Denture Care**

1. Dentures should be removed at night and placed in a cleaning solution, such as Efferdent, while you sleep (never use caustic chemicals or extremely hot water on your denture).
3. After soaking, thoroughly remove all cleanser by light brushing under tap water. Lightly brush dentures with a soft toothbrush or denture brush. You may also brush with a mild dishwashing soap or denture cleaning paste. Do not use toothpaste on your denture. The abrasives in toothpaste may scratch your denture and result in more odor & stain over time.
4. To prevent breaking dentures, brush denture over a towel or over a basin half-filled with water.
5. Massage gums daily with a thumb, finger, clean washcloth, or soft toothbrush for five minutes in the morning and five minutes in the evening.

### **What to do at home when you have Immediate Dentures:**

1. Patients who have dentures inserted immediately after surgery should not remove their dentures until they have seen their dentist, which usually occurs within 24hrs, or unless otherwise instructed.
2. To clean the Soft Tissue Conditioner use a toothbrush and a mild dishwashing soap and brush them one to two times per day. Do not soak them in denture cleaners.
3. To clean the outside you may use a mild dishwashing soap or denture cleaning paste with a brush.
4. Twice daily take a wash cloth and massage the roof of your mouth and the gums that are covered by the denture. This will help heal and firm up your gum tissues that your dentures rest upon.
5. If your dentures feel loose, Do Not use denture adhesives while you have Soft Tissue Conditioner in your dentures. If this should happen, call our office and we will evaluate the cause of the looseness and correct it for you.
6. If you develop any sore spots on your gums, call our office at 785-539-2314 and we will schedule an adjustment appointment for you as soon as possible.