



Denture Post Op Instructions

- Your dentist can recommend a denture cleaner. Look for denture cleansers with the American Dental Association Seal of Acceptance.
- When cleaning a denture, it is a good idea to stand over a folded towel or a sink of water just in case you accidentally drop the denture.
- Do not use toothpaste since it can be too harsh for cleaning dentures.
- Some people use hand soap or mild dishwashing liquid to clean their dentures, which are both acceptable. However, most household cleaners are too abrasive and should not be used for cleaning dentures. DO NOT use bleach, as it will discolor the denture.
- Brush the denture each day to remove food deposits and plaque. This helps the denture from becoming permanently stained and prevents the build up of tartar on the denture.
- It's best to use a brush that is designed for cleaning dentures because it has bristles that are arranged to fit the shape of the denture. A regular, soft-bristled toothbrush is also acceptable.
- Avoid using a brush with hard bristles, which can damage the denture.
- A denture could lose its proper shape if it is not kept moist. At night, the denture should be placed in soaking solution or water. Always remove your denture at night and sleep without your denture. This gives your tissue a break. It can also prevent fungal infections in your mouth caused by continuously wearing the denture.
- Do not chew, swallow, or gargle with denture cleansers.
- Always thoroughly rinse the denture before placing it in your mouth.

Call or text with any questions: 573-237-3038

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