



## DENTAL APPLIANCE CARE

Do you know how to properly care for your dentures? There are a variety of dental appliances; full dentures, partial dentures made of metal and acrylic or of hard resin or of soft resin, and removable orthodontic retainers. They all need daily care to ensure proper oral hygiene. Below are tips for keeping your mouth and dental appliance healthy and clean.

- Clean your dental appliances every day and store them in water when not in use.
- Clean metal frames with a soft toothbrush and toothpaste and rinse in warm water. Check for “squeaky” clean surfaces.
- Rinse and brush acrylic and resin appliances with toothpaste as well.
- To avoid yeast growth on appliances, soak them in warm water with a denture cleaning tablet for 30 minutes, rinse the appliance before putting it in your mouth, and rinse your storage container with clean water and then air dry.
- New appliances may require more adjusting and may be more uncomfortable at first.
- If sores appear on the gums or tongue, visit a dentist to have the appliance adjusted to take pressure off these spots.

*Information for this flyer was taken from the following articles:* “Denture Information for Caregivers,” by Bridgett Rasset LDA; “Care of Dental Appliances,” by Constance Bernstein, DDS, FASGD, MAGD, Diplomat of Special Care Dentistry, Cosmetic Implant and Family Dentistry.

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