



Guard against denture trouble

Forget the image of dentures sitting in a glass of water next to the bed! Dentures require active care, not just a nightly soak. Improper denture care leads to bad breath, unsightly stains, diseased gums, and damage to the dentures.



DAILY DENTAL HYGIENE INCLUDES:

- Brush your tongue and gums twice a day with a soft brush to keep your breath fresh and your gums healthy.
- Brush your dentures at least once a day with denture-cleaning products.
- Avoid sleeping with your dentures. Instead, place them in a glass of cool water or a mild denture-soaking solution overnight.
- Don't leave your dentures where they can be lost or accidentally damaged.

WAYS TO PROTECT YOUR DENTURES:

- Cut your food into bite-size pieces.
- Chew your food slowly and avoid biting down hard.
- Dentures make your mouth less sensitive to both heat and cold. So check the temperature of food and beverages before eating or drinking to avoid burning yourself.
- Handle your dentures carefully. Avoid bending or damaging the plastic or clasps when cleaning them.

WHEN TO SEE THE DENTIST:

- Gums that bleed or hurt after brushing.
- White or red spots in your mouth that don't clear up within two weeks.
- Dentures that become damaged. (Don't try to repair dentures yourself.)
- Difficulty talking, eating, and chewing when wearing your dentures.
- Dentures that slip and don't fit well.
- To help keep your dentures fitting properly, see your dentist at least once a year.