

DENTURE (After care Instructions)

- Even if you wear full dentures, you still have to practice good dental hygiene. Brush your gums, tongue and roof of your mouth every morning with a soft-bristled brush before you insert your dentures to stimulate circulation in your tissues and help remove plaque. This can help reduce the risk of oral irritation and bad breath.
- Like your teeth, your dentures should be brushed daily to remove food particles and plaque. Brushing also can prevent staining on the teeth. There is a special brush for keeping the dentures clean.
- When you're not wearing your dentures, put them in a safe place covered in water to keep them from warping. You can use tablets that can be put in the water and dentures can be placed in them overnight to keep them clean.
- Occasionally, denture wearers may use adhesives. Adhesives come in many forms: creams, powders, pads/wafers, strips or liquids. If you use one of these products, read the instructions, and use them exactly as directed.