

## Caring for Your Dentures

It is important to clean your mouth and denture daily so your mouth will stay healthy. Soaking dentures in water or a denture cleaner is not enough. They must be brushed with a soft toothbrush or with a toothbrush made especially for dentures.

Be sure to brush and massage your gums daily with a soft toothbrush, and brush any remaining natural teeth you may have.

- **Do not** clean dentures with boiling water.
- Clean all denture surfaces, both inside and outside, with a denture brush and denture cleaner that you can buy at a drug store. **Do not** use an abrasive cleaning powder like Ajax™ or Comet™.
- When cleaning dentures, hold over a bowl of water between your thumb and forefinger. If the denture slips out of your hand, it will land in the water and not break.
- If a denture smells, it can be soaked in a solution of 1 teaspoon of bleach (such as Clorox™) in 1 cup of water. Soak the denture for 30 minutes. Rinse well before putting it back in your mouth.
- Take your denture out of your mouth for at least eight hours every day. When out of your mouth, keep the denture in a bowl of water or diluted mouthwash.
- **Do not** try to adjust a denture with sandpaper or files. This will ruin the denture.
- **Do not** use denture liners or denture adhesives.

### Go to the dentist for the following:

- Your regular fitting appointments after you get a denture
- When you have mouth sores that last for more than one week
- When your dentures become loose in your mouth
- One time a year to check the health of your mouth and the fit of your denture

### For more information, contact

**Illinois Department of Public Health, Division of Oral Health**  
**535 W. Jefferson St., Springfield, IL 62761**  
**217-785-4899, TTY (hearing impaired use only) 800-547-0466**

NOTE: This fact sheet was derived from one previously published by the Arizona Department of Health Services.