

University Dental Hospital of Manchester
Department of Restorative Dentistry

Information for Patients

Care for Your Dentures

Why is it important to look after my dentures?

Denture hygiene helps to:

- Prevent bad breath
- Keep dentures looking clean
- Maintain a healthy mouth

How should I look after my dentures?

Our recommendations for effective cleansing of acrylic resin (plastic) dentures are:

- Rinse your denture(s) after every meal
- Remove debris by brushing with a soft toothbrush, soap and cold water
- Ensure this is done over a basin full of water to avoid breakage if the denture should fall
- Soak the denture for 20 minutes each evening in Dentural or Milton solution
- Rinse thoroughly with cold water, then soak overnight in water. Do not wear your dentures to sleep in.

Special situations

Tartar

Hard deposits (calculus) on dentures are difficult to remove. Acid based cleaners such as Denclean and Deepclean are most effective (but not to be used for metal dentures); if deposits persist, please see your Dentist.

Metal-based Dentures

Any dentures containing metal can be **damaged by acid** cleansers such as Denclean, Deepclean etc. It is safe to soak metal-based dentures in effervescent cleansers such as Steradent or Boots Effervescent/Double Action for fifteen minutes. Alternately soak in Dentural or Milton for ten minutes each evening. Soak in water overnight.

Soft Linings

A soft denture liner is placed in the part of a denture base that contacts the tissues. This provides comfort for those persons experiencing considerable pain while wearing a denture that has a hard plastic base.

Soft linings are prone to damage therefore **avoid:**

- Hard toothbrushes
- Toothpaste and effervescent cleansers (Steradent, Boots Effervescent / Double Action).

Please Remember:

- **Always follow manufacturer's instructions when using proprietary cleansers**
- **If you have any questions – please ask our staff**
- **Have your mouth and dentures checked regularly by a professional**

If you have any queries about the information contained within this leaflet or any other aspects about your treatment please do not hesitate to contact us:

- Restorative First Floor: 0161 393 7734
- Restorative Ground Floor: 0161 393 7735

Monday to Friday 9.00am to 5.00pm

For out of hours emergencies please contact your local Accident and Emergency Department.