



DeCare Denture Care

Caring for people with
full and partial dentures

Dental Insurance from the Dental Experts



Denture Oral Hygiene



Keep your mouth healthy and your dentures in good condition by following a simple daily routine.

Care of Full Dentures

- Clean your dentures over a bowl of water or a sink full of water.
- Brush your dentures before soaking them, to help remove bits of food.
- Use a denture cleaner and toothbrush/nailbrush to remove stubborn stains. (Follow manufacturer's instructions.)
- Use a soft toothbrush to clean the tongue and soft tissues.
- Leave dentures out at night to allow gums to heal.
- Store dentures in water overnight to protect from drying out. This will reduce fungal infections and warping of denture.



Care of Partial Denture Care

- Remove partial denture after eating and rinse under running water.
- Clean all the surfaces of the denture, including clasps and the surface which fits against your gums.
- Clean your own teeth by brushing for two minutes twice a day with a soft brush and use interdental cleaners, like floss, if directed by your dentist.
- Cleaning products can damage metal dentures, so talk to your dental team about how to clean them.
- Do not soak dentures with metal attachments in solutions that contain chlorine, because it can tarnish and corrode the metal.



General Advice



Visit your dentist once a year for a full mouth examination which includes not just your teeth, but also the soft parts of the mouth, including the tongue, cheeks, palate and gums. This is part of head and neck cancer screening.



If you get a sore in your mouth near or under your denture that has not healed after 2 weeks you should see your dentist immediately.



Loose dentures can cause irritation, sores and infection. See your dentist if you have a loose fit it may need to be realigned or replaced.



Remove all dentures when playing contact sports.



Your dental team will advise when and how often you should see a dentist.

DeCare Dental Insurance Ireland Limited trading as DeCare Dental
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