

## *Congratulations on improving your smile!*

### Here's what to do at home:

- Remove and rinse denture/partial after eating. Run **cold water** over your denture/partial to remove food debris and other loose particles. Place a towel on the counter or in the sink or put some water in the sink so the denture/partial won't break if dropped.
- Handle your denture/partial carefully. Be sure you don't bend or damage the acrylic or the clasps when cleaning.
- Clean your mouth after removing your denture/partial. Use a soft-bristled toothbrush on natural teeth and gauze or a soft toothbrush to clean your tongue, cheeks and roof of your mouth. If used, remove any remaining adhesive from your gums.
- **Brush your denture/partial at least daily.** Use a soft-bristled brush, cold water, and nonabrasive denture cleanser to remove food, plaque and other deposits. If you use denture adhesive, clean the grooves that fit against your gums to remove any remaining adhesive. Don't use denture cleansers inside your mouth.
- Soak denture/partial overnight. **Do not sleep with it in your mouth.** Most types of dentures/partials need to stay moist to keep their shape. Place the dentures/partials in water or a mild denture-soaking solution overnight. Follow the manufacturer's instructions on cleaning and soaking solutions.
- Rinse dentures/partials thoroughly before putting them back in your mouth, especially if using a denture-soaking solution. These solutions can contain harmful chemicals that cause vomiting, pain or burns if swallowed.
- Schedule regular dental exams. Dr. Marion recommends regular exams to have your dentures/partials inspected and professionally cleaned as well as to make sure the inside of your mouth is healthy, including oral cancer screenings. These exams and possible adjustments ensure a proper fit to prevent slippage and discomfort.
- See Dr. Marion promptly if your denture/partial has a loose fit. Loose dentures/partials can cause irritation, sores and infection.

### You should avoid:

- **Abrasive cleaning materials.** Avoid stiff-bristled brushes, strong cleansers and harsh toothpaste, as these are too abrasive and can damage your dentures/partials.
- **Whitening toothpastes.** Toothpastes advertised as whitening pastes often contain peroxide, which does little to change the color of denture teeth.
- **Bleach-containing products.** Don't use any bleaching products because these can weaken dentures/partials and change their color. Don't soak dentures/partials with metal attachments in solutions that contain chlorine because it can tarnish and corrode the metal.
- **Hot water.** Avoid hot or boiling water that could warp your dentures/partials.

***Dr. Marion recommends bringing your denture/partial to each cleaning appointment. We will give it a deep clean in our ultrasonic and be sure that it is fitting you well.***

***This guide, along with others, can be found at [mmSmileCenter.com](http://mmSmileCenter.com) under the "Patient Resources" tab.***