



Denture Care Leaflet

How often should I clean my dentures?

Treat your dentures like your natural teeth. Clean them thoroughly twice a day and after every meal. If you wear a partial denture, always remove it before cleaning your natural teeth and gums.

Why is it important to look after your dentures?

Good denture hygiene helps prevent bad breath, infections, keeps your mouth and gums healthy and helps prevent further tooth loss.

Cleaning Plastic (Acrylic) Dentures

Rinse after every meal. Brush using a soft brush, cold water and washing-up liquid. Avoid toothpaste as it is abrasive. Clean over a sink of water, soak in denture cleaner for 15 minutes two to three times per week, then rinse thoroughly.

Is there anything I should avoid?

Avoid bleach and very hot or boiling water, as these can damage or weaken your dentures.

Soft Lining

If your denture has a soft lining, avoid hard brushes and prolonged soaking in bleach.

Metal Dentures

Some commercial cleaners can damage metal dentures. Ask your dentist for suitable cleaning advice and take care when cleaning clasps.

Special Cleaning Products

Special denture brushes, cleaning pastes and soaking solutions are available. Always follow the manufacturer's instructions.

Valplast Dentures

Use the special flexible denture cleaner supplied with your Valplast denture and soak overnight as instructed by your dentist.

Should I remove my dentures at night?

Most dentists recommend removing dentures at night and storing them in clean water to prevent warping or cracking.

Professional Cleaning

Dentists and hygienists can professionally remove tartar that cannot be cleaned away at home.

Staining

Smoking and drinks such as tea, coffee and red wine can stain dentures. Regular cleaning helps, while stubborn stains can be professionally removed.

Regular Dental Visits

Continue attending regular dental check-ups even without natural teeth. Your dentist will examine your gums, tongue and cheeks for infections and early signs of oral disease.