**Kenton Dental Care**

**Phone: 419-673-0706**

**Handle With Care**

Dentures may withstand a lot of action, but they need to be treated with care.

* Handle them over a sink filled with water or over a towel-covered counter to avoid dropping them on hard surfaces.
* Be gentle with the clasps when manipulating and cleaning.
* The mouth's arches will change over time, affecting the fit of the dentures. Avoid do-it-yourself denture repair kits, as these could damage them permanently.
* Only a dentist or a dental laboratory should make changes to dentures.

**Cleaning Your Dentures**

Like natural teeth, dentures should be cleaned after eating. Rinse in running water to remove food debris and prevent permanent stains. Clean your mouth thoroughly before replacing your dentures.

Dentures can be scrubbed using a soft brush and mild soap, dishwashing liquid, or a denture cleanser. Harsh toothpastes and cleansers should not be used on dentures, to prevent surface damage. Whitening toothpastes are particularly abrasive on resin-based dentures.

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Another option is to use an ultrasonic cleaner, which is a small bathtub-like device containing a cleaning solution. Dentures are immersed in the tub, where a sound wave mechanism dislodges food deposits. However, ultrasonic cleaning cannot replace thorough brushing on a daily basis.

**Storing Your Dentures**

Dentists recommend removing dentures before going to bed. This will allow your gums to recover from the pressure of supporting the dentures. Most types of dentures should be soaked overnight to keep them moist and ensure that they retain their shape. Overnight soaking helps remove stains, plaque, tartar, and bacteria.

* Use clean water or a mild denture cleanser as a soaking solution. Make sure the tablets or cleanser are safe for dentures with metal parts.
* To prevent tarnishing, avoid chlorine solutions if dentures have metal parts.
* Rinse dentures in running water before wearing them again to prevent ingesting any residue from denture cleansers.

**Long-Term Maintenance and Oral Care**

Ill-fitting dentures can cause irritation, sores, and pain in the mouth. They will also affect your ability to chew food properly. Be sure to schedule an appointment with your dentist when you experience problems with your dentures. Expect to encounter some slippage and discomfort, even if your dentures initially fit perfectly, because the gums and mouth change over time.

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Adjustments, relining, or rebasing loose dentures should be done by a dentist. Often, minor problems such as chips, cracks, and loose teeth can be repaired during an office visit, but complicated changes will require the services of a dental laboratory.

Regular dental visits should catch any problems before they get worse. The dentist will examine your mouth, and your dentures will be cleaned professionally during this visit. The dentist is your best resource for cleaning and soaking products suitable for dentures. In general, oral care products with the American Dental Association Seal of Acceptance are recommended, because they have been evaluated according to safety and effectiveness guidelines.

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**Assisted Living Costs Near You**

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