

The logo features a stylized tooth icon in blue, with a house-like shape integrated into its base. To the right of the icon, the text "DentalCare" is written in a large, bold, dark blue font, and "at home" is written below it in a smaller, lighter blue font.

DentalCare at home

Denture Cleaning Guide

How often should dentures be cleaned?

It is important to treat dentures like you would treat natural teeth. Dentures should be kept as clean as possible so that they don't lose any more teeth, or cause inflamed gums or bacterial and fungal infections. It is recommended that dentures are cleaned thoroughly at least once a day, and after eating and as needed.

How should dentures be cleaned?

Dentures may break if they are dropped. Always clean dentures over a bowl of water or a folded towel in case they are dropped.

To clean dentures, the general rule is: brush and soak every day. Brush the dentures first to help remove any bits of food. Then use a non-abrasive denture cleaner, not toothpaste to clean the denture. Be careful not to scrub too hard as this may cause grooves in the surface of the denture.

Make sure that all the surfaces of the denture are brushed, including the surface that fits against the gums. This is especially important if denture fixatives are used.

Soak dentures every day in a denture-cleaning solution. This will help remove any plaque and stubborn stains that are left. It will also help to disinfect the dentures, leaving them feeling fresher. Always follow the manufacturer's instructions.

If you notice a build-up of stains or scale on the denture, have the denture cleaned by the dental team.

Is there anything that should be avoided?

It is important not to use any type of bleaching product to clean dentures. Bleaching can lead to weakening of the dentures as well as making them look unsightly. Do not use very hot water to soak dentures. Again, it can weaken the dentures causing them to break.

What should I do if a denture has a soft lining?

Some people have sensitive gums and may need a softer lining made for their dentures. If you notice one of these special linings, it is important to check with the dental team before using any cleaning products or fixatives, as some products can damage the lining.

What if I have to clean a metal denture?

Some cleaning products can damage metal dentures, so talk to the dental team about how to clean them. If the denture has clasps, you need to take particular care when cleaning to avoid damage.

Can dentures be removed at night?

Ideally, dentures should not be kept in overnight unless there are specific reasons for them to be kept in.

What about seeing the dentist?

It is important that denture wearers visit the dental team regularly even if they don't have any natural teeth. Dentists do not just check teeth, but also the soft parts of the mouth including the tongue and cheeks. These examinations are just as important, so the dental team can spot any infections, mouth conditions or even mouth cancer at the earliest stages.