



Caring for Your Mouth after Dentures

Wearing dentures to replace the teeth you've lost doesn't just give you a bright new smile. Dentures and partials help you chew and talk normally again, plus they'll make your face look fuller.

You've likely learned to rinse, brush and soak your dentures every day. But it's important to take proper care of your mouth and gums, too.

Make sure they still fit correctly

Dentures don't last forever. Over time, they may become loose and no longer fit right on your gums. Poor-fitting dentures can rub against your gums and cheeks, causing tenderness and ulcers. They can also damage the bone around your teeth. If you have pain, or if your dentures move when you eat or talk, have your dentist check them.

Treat your dry mouth

Women who are in menopause may experience dry mouth, which can lead to denture sores and burning gums. Some medications can also cause dry mouth. Ask your dentist about saliva substitutes.

Don't skip regular dental exams

Even if your dentures feel comfortable, you still need to see your dentist. They'll check the condition of your dentures, examine your mouth and gums, plus look for signs of oral cancer. The dental hygienist will also give your dentures a thorough cleaning. Your dentist can advise how often to visit each year based on your particular needs.

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Remember,
you still need
to visit your
dentist regularly
to keep your
mouth healthy.

Practice good daily oral care

Make sure to give your gums a break. Remove your dentures and let your gum tissue breathe for at least 6–8 hours a day, either during the day or at night — whichever is most convenient. Never leave your dentures in for 24 hours at a time.

- **Clean your mouth** — Use gauze, a soft washcloth or a soft-bristle toothbrush to clean and massage your gums. Brush and floss any natural teeth, and clean your tongue, cheeks, and the roof of your mouth. If you use denture adhesive, don't leave any on your gums.
- **Brush your dentures** — Gently brush them daily using a soft-bristled brush and mild toothpaste to remove food and other particles. Don't forget to clean the denture adhesive from the grooves that fit on your gums.
- **Soak your dentures** — Most dentures need to be kept moist to keep their shape. Place your dentures in water or mild denture-cleaning solution overnight. Never use hot water, which can warp them.
- **Rinse your dentures** — Denture cleaning solutions contain chemicals that can cause pain, burns or vomiting if swallowed. So rinse your dentures thoroughly before putting them back in your mouth.

Trust your dentist

If you have questions about your dentures or concerns about how they fit, talk to your dentist.

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