

# TAKING CARE OF YOUR DENTURES AND PARTIALS



## Make sure to follow what your dentist tells you. Here are a few tips:

- Both partial and full dentures should be removed once a day for cleaning, usually before going to bed at night. Never sleep with your dentures or partials in your mouth.
- Place them in a denture cleanser soaking solution or in plain water when you're not wearing them. Never use hot water, which will cause them to warp and render them useless. You can, however, use hand soap or mild dishwashing liquid.
- Partial and full denture wearers should stand over a towel or sink filled with water to avoid breaking the dentures if they are accidentally dropped.
- Dentures and partials should be rinsed in cool, fresh water. Then use a soft-bristled toothbrush or a toothbrush specifically designed for cleaning dentures to remove plaque and food deposits. Never use toothpaste or household cleansers to clean your dentures or partials.
- See your dentist if dentures or partials break, chip, crack or become loose. Don't be tempted to adjust them yourself, this can damage them beyond repair.
- Do not chew, swallow, or gargle denture with denture cleaners.
- Always thoroughly rinse the denture or partial before putting it into your mouth.
- Since dentures may make it difficult or even painful to bite and chew fresh fruits and vegetables, there's a risk you're missing out on essential nutrients. Make sure you're eating a well-balanced diet.
- Don't smoke. This can increase the growth of yeast in your mouth and the risk for infections and gum disease.

**Need help?**  
**Get answers right now**  
**through the new MassHealth**  
**Member portal! Visit us at**  
**[www.masshealth-dental.net](http://www.masshealth-dental.net)**

## Questions/Concerns

Write down any questions or concerns you have about your braces.  
Work with your orthodontist to get it resolved.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

