

Looking after your dentures

Information for patients

This leaflet explains how to look after your dentures. If you have any queries or concerns, do not hesitate to contact one of the dentists caring for you.

Confirming your identity

Before you have a treatment or procedure, our staff will ask you your **name and date of birth** and check your **ID band**. If you don't have an ID band we will also ask you to confirm your address.

If we don't ask these questions, then please ask us to check.
Ensuring your safety is our primary concern.

How often should I clean my dentures?

It is important to treat your dentures like you would your natural teeth. They should be kept as clean as possible to prevent further tooth loss (for partial dentures), inflamed gums, and bacterial and fungal infections. We usually recommend that you clean them thoroughly twice a day, and after eating when necessary.

How do I clean my dentures?

Always clean your dentures over a bowl of water in case you drop them.

Use toothpaste and a small-medium headed toothbrush. Brush the dentures, as you would your own teeth, being careful not to brush too hard as it may cause grooves in the surface. Make sure you clean all surfaces of the dentures, including the ones that touch your gums. This is particularly important if you use a denture fixative.

You can also use an effervescent (fizzy) denture cleaner to help remove stubborn stains and leave your dentures feeling fresh.

What should I use to clean my dentures?

- Use non perfumed liquid soap or denture paste; toothpaste is too abrasive.
- Rinse well with cold tap water.
- Soaking solutions often helps to remove stains and bacteria, but only use for 3 – 10 minutes as they can damage your denture.

What should I do if I have a soft lining?

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

What if I have a metal denture?

Some commercial cleaning products can damage metal dentures, so it is best to use liquid soap and cold water to rinse. If your denture has clasps, you need to take particular care when cleaning, to avoid damage.

Removing your dentures at night

Remove your dentures at night to give your mouth a chance to rest. This helps avoid fungal infection. If you remove your dentures, it is important to leave them in water to prevent any warping (losing their shape) or cracking.

Do I still need to see the dentist?

It is important to visit your dentist regularly even if you don't have any of your natural teeth, so that they can check your gums, tongue and cheeks.

PALS

The Patient Advice and Liaison Service (PALS) is a service that offers support, information and assistance to patients, relatives and visitors. They can also provide help and advice if you have a concern or complaint that staff have not been able to resolve for you. The PALS office is located at King's College Hospital in Camberwell on the ground floor of the Hambleton Wing, near the main entrance on Bessemer Road - staff will be happy to direct you.

Tel: 020 3299 3601 Email: kch-tr.PALS@nhs.net

You can also contact us by using our online form at www.kch.nhs.uk/contact/pals
If you would like the information in this leaflet in a different language or format, please contact PALS on 020 3299 1844.

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