



Lakeview
Comprehensive Dentistry

DR. TIMOTHY J. PRUETT
15820 DORA AVE. • SUITE A • TAVARES, FL 32778
Phone 352.589.5660 Fax 352.589.5533
LAKEVIEWDENTISTRY.COM

MAINTAINING YOUR DENTURES

You can keep your dentures looking good and fitting well for a long time by taking proper care of them.

Full dentures have an average life span of 5 to 10 years. The fit of your dentures will change over time as your body reabsorbs the alveolar bone. Adjustments and repairs in between complete replacements will be necessary. When your dentures become too loose, we will need to add a layer of material to the base so that the denture will conform to the changes in your mouth. This is called relining.

Tips for maintaining your dentures properly:

- *Wash your dentures in cold or warm water-not hot.*
- *Be careful not to drop dentures on a hard surface, as they break easily. Handle them over a basin of water or a soft towel.*
- *Wash dentures daily, using a denture cleanser, hand soap, or a mild dish liquid. Avoid abrasive cleaners.*
- *Soak your dentures in a denture cleaning solution or in water when they are not in your mouth. Don't let them dry out.*
- *If you have **precision attachments** for retention, do not soak in denture cleansers, water with mild soap only is recommended.*
- *Clean all denture surfaces by scrubbing thoroughly with a special denture brush or a hard toothbrush.*
- *After the adjustment phase, take your dentures out when you sleep to relieve pressure on your gum tissues. If you cannot be without your dentures overnight, take them out for at least a couple of hours every day.*
- *Continue to brush your mouth – including your gums, palate, and tongue – with a soft bristled toothbrush every morning before you insert your dentures.*
- *Minor irritation and soreness should subside as you become accustomed to your dentures.*
- *Please call our office if discomfort persists and make an appointment for an adjustment.*

Even with full dentures a regular 6 month recall appointment with our office is needed. At this appointment we will clean your dentures, evaluate the gum tissues and complete an oral cancer exam.