



Home Care for Your Dentures

New dentures take practice. Most people get used to them within a few weeks. These tips help you get comfortable and keep your dentures and gums healthy. If anything worries you, call us at **(330) 847-0676**.

If you had teeth removed today (immediate denture)

- **Leave the denture in for the first 24 hours, even while you sleep**, unless we tell you otherwise. Your gums will swell, and if you take it out too soon it may not go back in.
- Follow your **Home Care After a Tooth Extraction** sheet for bleeding, pain, ice and food.
- After the first 24 hours, take the denture out to clean it. Rinse your mouth gently with warm salt water after meals.
- Your gums shrink as they heal, so the denture will get looser. We will adjust it and may add a soft lining. Do not use denture cleaner on a soft lining unless we tell you it is safe. Once healing is done, the denture will need a permanent reline or replacement.

Getting used to your dentures

- Extra saliva, a full feeling and mild gagging are common at first. They usually fade within days.
- **Eating:** Start with soft foods cut into small pieces. Chew slowly, using both sides of your mouth at the same time. This keeps the denture steady. Add harder foods a little at a time. Avoid sticky foods and gum.
- **Speaking:** Read out loud for a few minutes each day. Words with "s" and "th" get easier with practice.
- **Sore spots:** These are common and easy to fix. Call us for an adjustment. Do not file or adjust the denture yourself. If a spot is very sore, you can leave the denture out, but wear it for a few hours before your visit so we can see where it rubs.
- Lower dentures usually take longer to get used to than upper dentures.

Cleaning your dentures every day

- Take your dentures out and rinse them after eating.
- Once a day, **soak and brush** them with a denture cleanser and a soft brush. Do not use regular toothpaste. It scratches the surface.
- Use denture cleanser only outside your mouth. Rinse the dentures well before you put them back in.
- Clean them over a folded towel or a sink with some water in it, so they do not break if you drop them.



MODERN DENTAL CONCEPTS

- **Never use hot or boiling water.** It can bend them out of shape. Do not use bleach. It can weaken and stain them and damage metal parts.
- Gently brush your gums, tongue and the roof of your mouth with a soft toothbrush every day.

At night

- **Take your dentures out at night** so your gums can rest. Wearing them all the time raises the chance of sore, red gums and a yeast infection.
- Keep them in water or a denture soaking solution whenever they are out of your mouth, so they do not dry out and change shape.

Partial dentures

- Put your partial in with your fingers. Do not bite it into place, because that can bend the clasps.
- Take it out before you brush your natural teeth. Clean carefully around the teeth the clasps hold onto. These teeth are more likely to get cavities and gum disease.

Using denture adhesive

- A denture that fits well should not need much adhesive. If you use it, **3 or 4 pea-sized dabs** per denture is enough.
- Choose an adhesive that is **zinc-free**.
- Clean all adhesive off your denture and your gums every day.
- Needing more and more adhesive means the denture may need a reline. Call us.

Check-ups

- See us **at least once a year**, even if you have no natural teeth. We check the fit and your gums, and look for any mouth sores.
- Your gums and jawbone slowly shrink over the years, so dentures get looser. A reline helps them fit again.

Call us at (330) 847-0676 if you have:

- A sore spot that does not get better after an adjustment
- Any sore in your mouth that has not healed in 2 weeks
- A denture that cracks, chips, loses a tooth or feels loose. Do not glue or repair it yourself.
- Red, swollen gums or white patches under your denture
- After an immediate denture: soreness in one spot that keeps getting worse

Based on: American College of Prosthodontists, Evidence-Based Guidelines for the Care and Maintenance of Complete Dentures (J Prosthodont 2011;20 Suppl 1:S1-S12); Mayo Clinic, denture care guidance. Modern Dental Concepts, Updated October 2026.