

Guard Against Denture Trouble



Forget the image of dentures sitting in a glass of water next to the bed! Dentures require active care, not just a nightly soak. Improper denture care leads to bad breath, unsightly stains, diseased gums, and damage to the dentures. Daily dental hygiene should include these measures.

- Brush your tongue and gums with a soft brush to keep your breath fresh and your gums healthy.
- Brush your dentures at least once a day with denture-cleaning products.
- Rinse your mouth with a mild salt-water solution (1 teaspoon of ordinary table salt in ½ cup warm water) after meals and before going to bed.
- Don't leave your dentures where they can be lost or accidentally damaged.

How you eat can also protect your dentures, so take these precautions.

- Cut your food into bite-size pieces.
- Chew your food slowly and avoid biting down hard.
- Dentures make your mouth less sensitive to both heat and cold. So check the temperature of food and beverages before eating or drinking to avoid burning yourself.

See your dentist if you have any of the following problems.

- Gums that bleed or hurt after brushing.
- White or red spots in your mouth that don't clear up within two weeks.
- Dentures that become damaged. (Don't try to repair dentures yourself.)
- Difficulty talking, eating, and chewing when wearing your dentures.
- Dentures that slip and don't fit well.

To help keep your dentures fitting properly, see your dentist at least once a year.