



## Cleaning Dentures



- You can brush using toothpaste or hand soap
- Use a soft brush and clean twice a day
- Rinse dentures after meals
- Line the sink basin with a towel while cleaning or partially fill sink with water
- Use denture cleaning tablets

▶ **Removable dentures need care just like your natural teeth**

▶ **Don't forget to brush gums and natural teeth as well**

## Signs of Denture Problems



- Verbal pain when wearing
- Not wearing dentures
- Dentures are loose- top denture dropping when talking
- Patient says they cannot chew
- Patient takes dentures out at mealtimes
- Appearance does not look right- broken, missing tooth, chipped tooth
- Can't see dentures in the mouth as denture teeth have worn down or been lost

▶ **Denture problems increase the chance of dentures being lost if not treated**

▶ **Patient's self-esteem can drop and there can be a downturn in health**

## Dry Mouth Signs



- Cracked lips
- Trouble chewing and swallowing
- Stringy thick saliva
- Problem wearing dentures

## What to do?

- Use dry mouth products- Biotene
- Moisturise mouth tissues with artificial saliva sprays/gel
- Sip water often
- Use sugar free sweets and gums to stimulate saliva

## Oral Hygiene Guide



- Brush teeth morning and night
- Gently brush in a circular motion the teeth and gum
- Brush back and forth over chewing surfaces for six times
- Use a toothbrush with soft bristles and a small head
- Standing behind the patient when brushing can be useful
- Replace toothbrush when bristles are worn
- Keep brushing even if there's a bit of blood