



Quick Reference Guide

for Denture Care



At a Glance

Dentures need daily cleaning and regular fit checks to stay comfortable and protect oral health. A simple routine and the right products prevent most problems.

Daily Priorities

- Rinse dentures after meals
- Brush all surfaces daily with a soft denture brush and cleanser
- Remove dentures at night and soak per the cleanser's directions
- Clean gums, tongue and palate with a soft brush or gauze
- Use adhesive sparingly, on clean, dry dentures

Watch For

- Loose or shifting dentures
- Sore spots, redness, or white patches
- Cracks, chips, or loose teeth
- Cracking at mouth corners

Avoid

- Hot or boiling water
- Toothpaste, bleach, or abrasive cleaners
- Sleeping in dentures
- DIY glue repairs

Call the Doctor If

- Sores or patches last more than two weeks
- Chewing becomes difficult
- The denture breaks or no longer fits
- Cleaning does not clear odor or taste



Note** The information contained in this document is intended to support, and not replace, the advice given to you or your caregiver by your healthcare providers.