

Warpeha Prosthodontic Dental Clinic

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Tips for a Clean Mouth and Appliances by Hygienist Michelle A.

Cleaning Your Denture

We recommend you use an over-the-counter denture cleaning tablet (Efferdent, Polident, store brand, etc.). We also have Smile Again, a broad-spectrum, heavy-duty denture cleaner available for sale in our office. This may work better for some people.

- Fill the denture container with tepid tap water (hot water may distort your denture) and place the cleaner/tablet inside.
- Gently place the denture in the container and leave it immersed for **6-8 hours or overnight** to ensure that the denture becomes fully sanitized.
- Gently brush the inner cheeks, palate, tongue and if applicable, implants and natural teeth. Do this both after you remove the dentures for the night and again prior to placement in the morning.
- Remove the denture from the container and rinse thoroughly with tap water. If necessary, very gently use a soft toothbrush or piece of gauze, to remove any excess plaque build-up or denture adhesive on borders of the denture and areas that come into contact with the gum tissues.
- If instructed by Michelle and Dr. Warpeha, place small amount of fluoride into specific areas of denture. Michelle will demonstrate this for you.
- If needed, wet the denture and sprinkle a very light coating of Fixodent adhesive powder (as if you are flouring a bread-pan), tap off the excess and place the denture into your mouth. Push it firmly into place.