

# Brushing Tips

## Taking care of your dentures

Dentures and partials are very delicate and can break easily. When you aren't wearing your dentures or partials, store them away from children and pets.

## How to Clean Your Dentures

- After you eat, rinse the denture with water to remove food
- Brush your denture after each meal and before bed. This will help prevent staining and will keep your mouth healthy. Brush and floss your natural teeth while the denture is out of your mouth.
- Use a separate soft-bristled toothbrush to clean your denture than you use for your natural teeth.
- Use water, soap, toothpaste, or denture paste. Do not use scouring powder because it can scratch the denture. Do not put bleach on your denture.
- To clean your denture, place a towel in the sink and fill the sink half full with water to protect your denture if you should drop it.
- At night, soak your denture in water (not hot water) to keep it from drying out and changing shape.
- See your dentist if you have any of these problems: difficulty chewing food, cheek biting, difficulty talking, red or sore gums, pain, and cracked corners of your mouth.

Brushing removes the bacteria and plaque that cause tooth decay and gum disease. Follow these tips to do it right:

- Use a soft-bristled brush and brush gently. Brushing too hard can cause gum damage.
- Be sure your toothbrush is the right size (generally smaller is better than larger).
- Tilt the bristles (at a 45-degree angle) to the teeth. Slide the tips of the brush under the gums.
- Jiggle the bristles gently so that plaque under the gum will be removed.
- Be sure to brush all sides of the teeth—the outside, the tongue side, and the chewing surfaces.
- For the front teeth, brush the inside surfaces of the upper and lower jaws. Tilt the brush and make several up and down strokes. The front part of the brush should go over the teeth and gum tissues.
- Your toothbrush will only clean one or two teeth at a time. Change its position to properly clean each tooth.
- Don't rush your brush. A thorough brushing should take at least three minutes.
- A pea-sized amount of fluoridated toothpaste is all you need.
- Replace your brush when the bristles begin to spread or wear out.