



DENTURES

Dentures are removable appliances that replace missing teeth, improving function and appearance. They can be full (replacing all teeth) or partial (filling gaps) and are usually made from acrylic resin. Dentures help with chewing, speaking, and maintaining facial structure. Regular care ensures comfort and durability.

CONTACT US

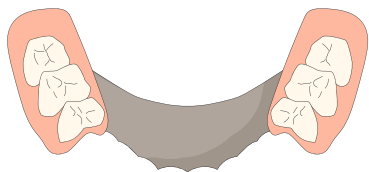
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DENTURE CARE

HOME CARE

- Rinse your dentures after meals to remove food particles. Brush them daily with a soft-bristled toothbrush and a non-abrasive denture cleaner. Avoid using regular toothpaste, as it can be too harsh.
- When cleaning, hold them over a soft surface, like a towel or basin, to prevent breakage if you drop them.
- Avoid hot or boiling water as it can warp your dentures. Stick to lukewarm water for cleaning and soaking.
- Soak your dentures in a denture cleaning solution or plain water overnight. This keeps them moist and helps maintain their shape. Avoid household cleaners, bleach, or alcohol as they can damage your dentures. Stick to products specifically designed for denture care.



DENTURES

Dentures replace missing teeth, restoring the ability to speak and eat. Poor care can lead to risks, including:

- **Bacterial and Fungal Infections:** Bacterial and fungal buildup on unclean dentures can cause infections like stomatitis and thrush.
- **Halitosis (Bad Breath):** Bacteria and food particles build up on the denture surfaces and in the mouth, which can lead to bad breath.
- **Gum Irritation and Soreness:** Unclean dentures can develop rough edges, causing gum irritation, soreness, and discomfort.
- **Periodontal Disease:** Poorly cleaned dentures can contribute to gum inflammation which may lead to periodontal disease and bone loss.
- **Staining and Discoloration:** Staining affects denture appearance and your smile's aesthetics.
- **Gastrointestinal Issues and Malnutrition:** Unclean dentures can harbor bacteria, causing digestive issues and malnutrition.

MAINTENANCE

- Regular check-ups are important to ensure your dentures fit properly and to monitor your oral health.
- You may need to adjust your eating habits initially. Start with soft foods and gradually reintroduce harder items as you get used to your dentures.
- If your dentures are uncomfortable or causing sore spots, contact your dentist for adjustments.
- Dentures generally need to be replaced every 5 to 7 years, but this can vary based on wear and changes in your mouth.
- For stubborn stains, consult your dentist. They can recommend specific cleaning methods or products to restore your dentures.

