



### Adjusting to new dentures or a partial denture is different for everyone.

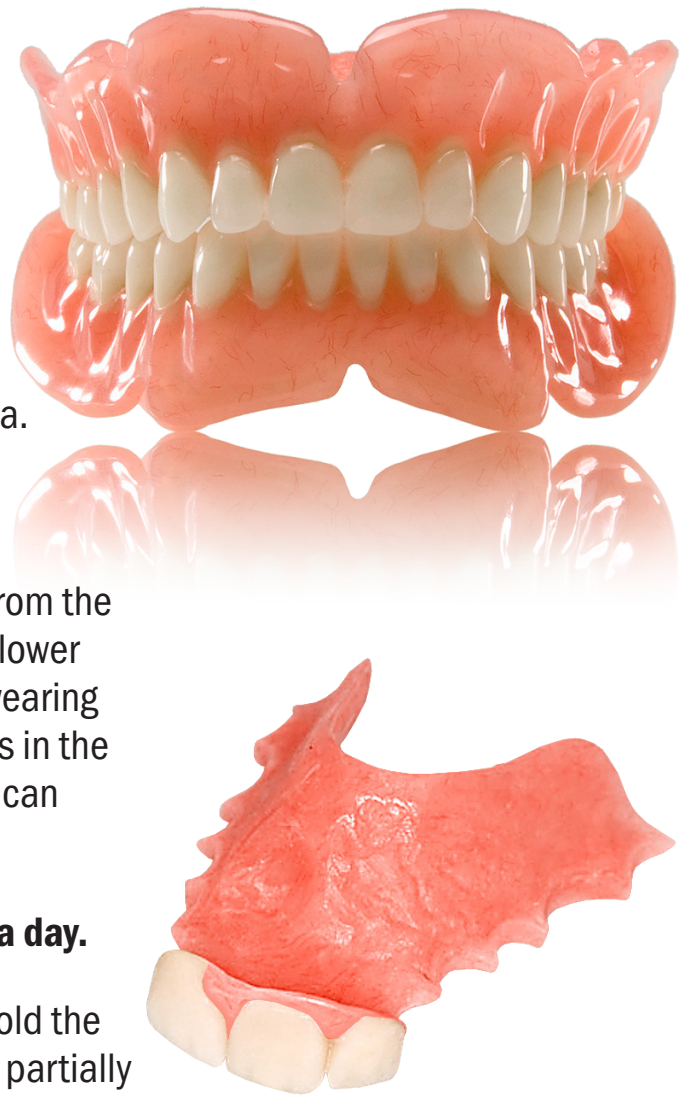
Some patients can receive their dentures and have very few visits back to the dental office. Other people may need more time to adjust.

It is important to keep your dentures and partial dentures clean. **Germs in the mouth and under dentures can lead to bad breath and illness.** Not cleaning dentures, the correct way, and poor oral health have been linked with many health conditions. These factors can increase the risk of a lung infection known as Aspiration Pneumonia.

**\*Aspiration Pneumonia** can occur when bits of food or germs are caught under the dentures or left in the mouth. The food and germs can travel from the mouth into the lungs. Cleaning dentures well can lower the chances of illness. Studies have shown that wearing dentures at night doubled the risk of lung illnesses in the elderly and sick. Removing dentures during sleep can reduce that risk.

### Your Dentures should be cleaned at least once a day.

- Remove your denture(s) or partial denture(s). Hold the denture over a sink lined with a small towel and partially filled with water. **Wipe all denture adhesive, plaque, and food off.**



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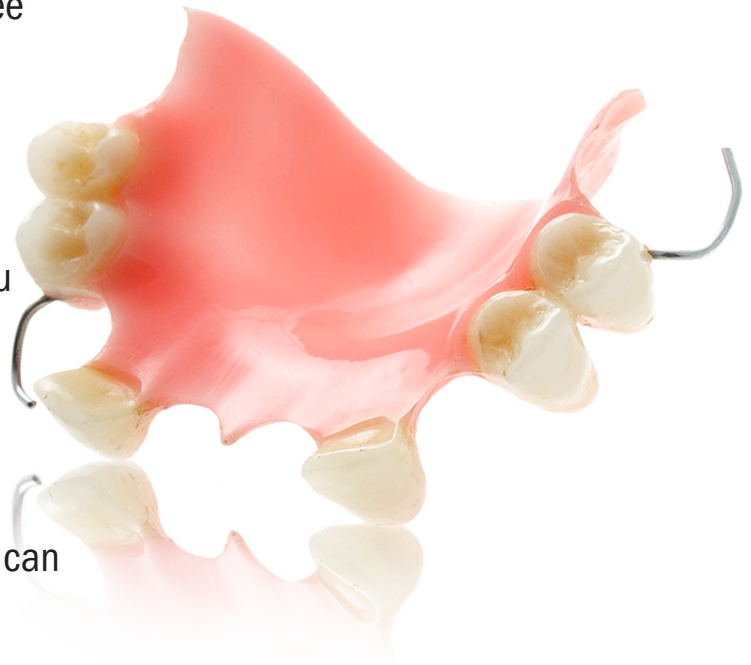


# Senior Care

LIBERTY cares about more than just teeth!

## Caring for Your Dentures and Partial Dentures

- **Rinse the denture** with water. Using a denture brush and denture cleanser **gently brush** the inside grooves of the denture, then move to the outside and biting surfaces. Use only cool or lukewarm water. Do not soak or clean the denture with hot water. Only use a cleaner or paste made for dentures. Regular toothpaste can be too rough and leave scratches. You may not see these scratches, but they will hold germs.
- **Thoroughly rinse** the denture and place in a container with cool or lukewarm water.
- Clean your mouth and any remaining teeth you may have with a soft brush to remove plaque and food debris.
- Soak your denture or partial denture overnight in water or a mild denture solution. The denture should remain wet. A dry denture can change shape, crack, or break.
- Do not use household cleaners, or any products with bleach to clean or soak your dentures.
- If you notice any sore spots or irritation on your gums, contact your Dentist.



**Remember to visit the dentist twice a year for a check-up and oral cancer screening.**