

# Care of Dental Appliances

Dental appliances include full dentures, partial dentures made of metal or acrylic, hard or soft resin, and over dentures.

## **How do I care for my dental appliance?**

- Clean your appliance everyday
- Store your appliance in water when not in use

## **How do I clean my appliance?**

Many over-the-counter dental appliance cleaners are available. It is important to know what your appliance is made of so you pick the best cleaner.

- For metal frames: use a soft toothbrush and toothpaste to remove food debris, plaque [plak], and stains. Rinse off food debris, then brush all sides of the metal frame, and rinse again with warm water. Check for 'squeaky' clean surfaces.
- For acrylic or resin surfaces: rinse off the appliance, then brush with a soft toothbrush and toothpaste to clean all surfaces.

## **How should I store my appliance and storing container?**

- When you are not wearing your appliance, store it in fresh, clean water.
- When you are ready to wear it again, rinse it before putting it in your mouth.
- Empty, wipe dry and leave open your storing container.

## **What if my appliance is slick or 'slimy'?**

This can happen when yeast starts growing on your appliance. If the yeast remains in the cup and continues to grow, it can cause a bad odor or infection in your mouth. You need to see your dentist if this happens.

## **How can I avoid yeast growth?**

You can avoid yeast growth by soaking your appliance in a denture cleaner made for getting rid of yeast. Follow these steps to help avoid yeast growth:

- Soak your appliance in warm water with a denture cleaning tablet for 15-30 minutes
- Rinse your appliance with lots of water before putting in your mouth
- Rinse your storage container with clean water and air dry

## **What can I do about difficult stains?**

Your appliance may get stained over time. Stains are caused by smoking, coffee, tea, red wine, and food like berries. Sometimes these stains won't come off with daily brushing or cleaning tablets. To remove these tough stains, soak your appliance in a mix of 1 tablespoon of vinegar with 1 cup of water. Rinse your appliance well before putting it in your mouth.