

DENTURES & PROSTHESIS

HOME-CARE



What is a Prosthesis/Denture?

A **Denture/ Dental Prosthesis** is a medical apparatus used to replace missing or damaged teeth to restore function, form, and aesthetics.



Dental Prosthesis broadly fall into 3 categories:

Dentures (partial and full)

Bridges

Crowns

Implants are distinct from prosthesis as they are surgically attached to the mandible. However, dental prosthesis can be removable or permanent.

“The American College of Prosthodontists (ACP) recommends that dentures be cleaned daily by soaking and brushing with an effective, nonabrasive denture cleanser to reduce levels of biofilm and potentially harmful bacteria and fungi.”

(Research Services and Scientific Information, ADA Library & Archives., 2023)



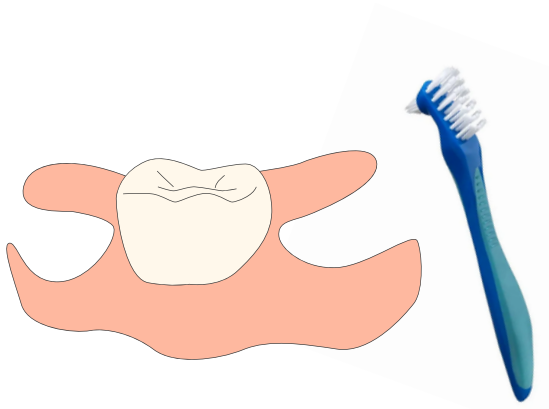
Video demonstration on how to properly clean a denture:

<https://youtu.be/aJvsFUtRL9k?si=2ltP8KrPyA78tbCP>

Home-Care

Brushing

Both removable and fixed prosthesis can accumulate plaque and biofilm like regular teeth and should be brushed daily to prevent staining and buildup that could cause periodontitis, stomatitis, or decay. The mouth must also be rinsed and cleaned after the device is removed.



Cleaning

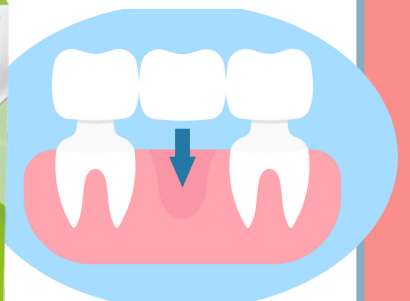
Prosthesis such as bridges and dentures should not be cleaned with regular toothpaste as they can be too abrasive. Opt for a soft bristle denture brush, specially formulated denture cleaner, or mild dish soap. Consider a water flosser for fixed bridges for more effective cleaning.

Soaking

For removable prosthesis it is recommended to use denture tablets or gentle cleansing solution to soak the apparatus overnight. This will reduce the bacterial load and help reduce the incidence of odor. Once out of the mouth keep dentures moist to maintain its shape and pliability.



<https://www.polident.com/en-us/products/polident-3-minute-denture-cleanser/>



CAUTIONS AND THINGS TO AVOID

- Harsh cleaning solutions such as (bleach, household cleaners)
- Abrasive cleaners (toothpaste, powdered cleaners)
- Stiff bristle brushes
- Overuse of dental adhesives containing zinc
- Soaking apparatus in hot or boiling water
- Leaving dentures in overnight, most dentists recommend removing them before sleeping.

Soaking tablets, denture brushes and denture cleaner products can all be purchased at your local market such as Walgreens, Walmart, etc for around \$6-20.

References

- Dental, D. (2019). How to Clean Dentures | Delta Dental Of Washington. Delta Dental of Washington. <https://www.deltadentalwa.com/blog/entry/2019/10/how-to-clean-dentures>
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- Dentistry, A. F. (2024, February 13). Aurora Family Dentistry. Dentist in Aurora CO | Aurora Family Dentistry. <https://yourauroradentist.com/denture-cleaning-best-picks-revealed/>
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Dentures & Prosthesis

Dental Products

Denture Adhesive

Poligrip is a denture adhesive. It contains petrolatum, CA/NA copolymer, cellulose gum, and mineral oil. Its function is to help hold a denture/prosthesis in place to the ridge of the mouth where it sits.

A few dollops of the glue is placed onto the interior ridge of the denture and then placed into the mouth. Extra precaution must be taken to clean dental adhesive off of the prosthetic as it is sticky and hard to clean. This product can be used any time someone wants better support for their denture or prosthesis.

This product can be purchased at your local market such as Safeway for \$12.



APPLICATION DEMONSTRATION

- 1 CLEAN & DRY DENTURES.
- 2 APPLY ADHESIVE in thin strips as shown.
- 3 INSERT DENTURES and hold briefly in place.

<https://www.frysfood.com/p/fixodent-complete-denture-adhesive-cream-original-1-4z/0007666000864>



<https://www.frysfood.com/p/fixodent-complete-denture-adhesive-cream-original-1-4z/0007666000864>



<https://www.frysfood.com/p/fixodent-complete-denture-adhesive-cream-original-1-4z/0007666000864>

Denture Cleaner

Denture cleaning tablets are a sodium bicarbonate based dissolvable tablet that you place in a cup of water along with dentures to help clean, remove stains, and maintain its shape.

You can place dentures in the solution for 3 minutes or keep it in the overnight. This product should be used daily in order to maintain the cleanliness of the prosthesis. Precaution must be taken to properly drain the solution and use a new tablet every time you decide to clean it.

This product can be found at your local market such as Walgreens for \$7.



<https://www.polident.com/en-us/products/polident-3-minute-denture-cleanser/>

Soaking tablet alternative for full dentures*:

- Mix 1/2 cup of 3% peroxide with 1/2 cup of water and soak for 30 minutes.
- Mix 1/3 cup of vinegar and 2/3 cups of water and soak for 30 minutes.

*only use for full dentures as the metal clasps of partials may tarnish.

Denture Brush

A **denture brush** is a dental product used to clean a denture, similarly to a toothbrush. It is used by removing the prosthesis and cleaning around it with some warm water in order to remove any grime or food debris.

It is important to clean the brush as well after use so that food does not stay on the brush and cause more food and grime buildup.

This product can be found at your local market such as Walgreens or even on Amazon in a pack for \$22



<https://www.toothbrushexpress.com/gum-denture-brush-201-6-pack>



<https://yourdenture.com/how-to-clean-your-dentures-partial-dentures-soft-liners/>

Who are these products for ?

Products such as these are meant for individuals who use dentures and partials daily, and want to maintain the effectiveness and cleanliness of their appliance.

References

- Dental, D. (2019). How to Clean Dentures | Delta Dental Of Washington. Delta Dental of Washington.
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