

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 perman

“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)



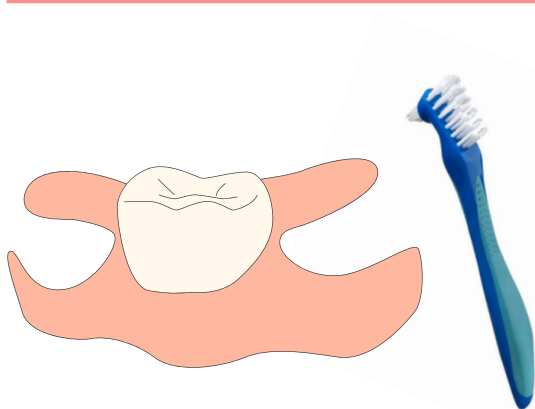
Video demonstration on how to properly clean a denture

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

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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.

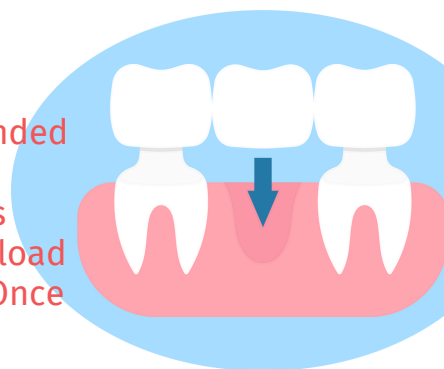


Cleaning

Prosthesis such as bridges and dentures should not be cleaned with regular toothpaste as they are too abrasive. Instead opt for a soft bristle tooth brush and specially formulated denture cleaner, or mild dish soap. another fantastic option for effective cleaning would be the use of a water pick for fixed bridges.

Soaking

For removable prosthesis it is recommended to use denture tablets or some 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 it is important to keep dentures moist to maintain their shape.



CAUTIONS AND THINGS TO AVOID

- Harsh cleaning solutions such as (bleach, household cleaners)
- Abrasive cleaners (toothpaste, powdered cleaners)
- Stiff bristle brushes
- 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

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