



Dental Implant Oral Hygiene with Dentures

Plaque, stain, and tarter accrue on dental implants, dentures as well as on your gums. The following steps will keep your mouth and dentures clean.

1. Dentures should be removed from the mouth and cleaned with a soft brush using dishwashing soap. Do not use regular toothpaste as it is too abrasive and it will wear away the acrylic surface.
2. Implants should be treated like teeth and needs to be brushed 2-3 times per day. Please use the toothbrush bristles to get under the gum line.
3. Dentures should be brushed over a sink partially filled with water or covered with a wet washcloth to prevent breakage if they get dropped.
4. Effervescent cleaners should be used with caution as excessive use can bleach out the resin base pigments or cause corrosion of metal components. We recommend Polident Partials but we emphasize to use exactly as directed. Do not soak them longer than recommended. Prosthesis containing metals should only be soaked in a cleaner that specifically states it is safe for metals.
5. Your gums should be brushed daily with a soft brush, toothpaste if desired, along the top ridge, top of the tongue, and both cheeks sides of your mouth. This will stimulate circulation and remove plaque and debris that could cause gum irritation and offensive odors.
6. Your dentures should be left out of your mouth overnight to provide needed rest from the stresses on the ridges. **Wearing the dentures while sleeping increases the risk of developing aspiration pneumonia.**
7. When the dentures are left out of the mouth, they should be placed in a container of water to prevent drying and possible dimensional changes of the denture base material.
8. The use of denture adhesives should be used cautiously and only when recommended by Dr. Merrick. **Adhesives should not be used when dental implants are present.**
9. **Most importantly, you should continue to have periodic oral examinations.** This will include professional cleaning and inspection of your dental implant health, exam of the tissue supporting the dentures, which can change with time, and an oral cancer screening.