

Call (209) 825-6000  
To Make An Appointment Today!

SmilesAhead Dental Care, Manteca  
www.smilesahead.us  
Dr. Masood Cajee



# Caring for dentures

1. For good health, you need to clean your mouth and dentures every day.
2. Clean your denture once a day. Use a denture cleaner. Soak and brush your denture.
3. You can buy a denture cleaner or make a solution at home. We recommend one part bleach (sodium hypochlorite) with nine parts water. Only use denture cleaners OUTSIDE the mouth.
4. Always rinse your denture with water before putting it in your mouth.
4. Never put your denture in boiling water.
5. If you use bleach (sodium hypochlorite) to clean your denture, soak it only a few minutes. (less than 10 minutes).
6. Store your denture in water if you are not wearing it.
7. Denture adhesives (glue) can help.
8. Don't use zinc adhesives.
9. Use only a little bit of adhesive.
10. If you are using a lot of adhesive, you need to see us for a reline, a new denture or implants.
11. Be sure to give your gums a break. At least 4 hours during the day, take your denture out.
12. See Dr Cajee at least once a year for a checkup.



**Source:** Felton, cooper, et al. Evidence-based guidelines for the care and maintenance of complete dentures. J Am Dent Assoc, Vol 142, No suppl\_1, 1S-20S.2011. American Dental Association

**Key Words:** Dentures; edentulism; biofilm; adhesives; denture cleansers; denture relining; denture repair; denture wear; stomatitis

“A Beautiful Smile Says A Lot About You”

SmilesAhead Dental Care, Manteca  
150 W Yosemite Ave, Manteca, CA 95336