

Dentures Do's and Don'ts

DO:

- Wear your dentures during waking hours only.
- Remove, clean, and store your dentures in water when sleeping.
- Bring your dentures to your dentist for evaluation or repair.
- Clean your dentures with a mild dish washing liquid that is in liquid form or denture toothpaste. Brush them with a specially designed denture brush as you would your own teeth daily. * This is the most important part of cleaning your dentures.
- Store your dentures in plain water to avoid drying which can warp them and negatively affect fit.
- Have your dentist refit or replace your dentures if you experience increasing slippage, tooth wear, looseness or poor fit. Replace worn or poorly-fitting dentures before they cause health problems like sores and infections.

DON'T:

- Don't leave your dentures in your mouth continuously.
- Don't ever store your dentures away dry.
- Don't attempt to repair your own dentures - ever. The use of adhesives/glue to repair dentures can ruin them.
- Don't use regular toothpaste to clean your dentures.

Are My Dentures Covered?

HUSKY Health Medicaid and SAGA programs have coverage for dentures. **However, there are limitations that are important to note:**

- Dentures will only be approved if the patient can tolerate and use them on a daily basis.
- Dentures can be replaced only once in a seven (7) year period starting from the date of placement of the existing denture. Exceptions will only be considered where the absence of dentures would create an adverse condition which would jeopardize the patient's health.
- Relining or rebasing the existing dentures are covered only once in any two (2) year period.
- Partial dentures are covered when there are missing front teeth and/or less than 8 back teeth that are used for chewing.



**Connecticut Dental
Health Partnership**

855-CT-DENTAL (855-283-3682)

Monday to Friday • 8 am to 5 pm

www.ctdhp.org

We Care About Your Dental Health

Caring for Your Dentures



Welcome!

Whether this is your first experience, or you have been wearing dentures for years, a denture can have a significant impact on your life. One in five adults wears either full or partial dentures.

Although it may seem a bit overwhelming at first, with a little patience and practice, you'll soon feel as if your dentures are a natural part of you.

Your dentures will be with you for a long time, so taking care of your dentures needs to be as important to you as taking care of your own teeth.



Why Do I Need Dentures?

- To improve function: chewing, swallowing, and speaking.
- To provide stability and support to the remaining teeth and avoid changes in the position of your teeth.
- To improve and maintain facial features by supporting lips, cheeks and other facial/oral structures.

Types of Dentures

Depending on the condition of your teeth you may need one of the following:

- **Full dentures:** missing all the teeth in the jaw.
- **Partial dentures:** missing only some of the teeth in the jaw.

What Can I Expect with Dentures?

If you are new to dentures, you should expect an adjustment period of several weeks to months. In addition:

- **Speech may be affected** but practice reading aloud and repeating troublesome words. That should help.
- **Chewing** will likely take some practice. Start with soft foods, cut into smaller pieces and chew slowly using both sides of your mouth at the same time.
- **Slippage** may occur upon laughing, coughing, or smiling especially with full dentures. Reposition the dentures by gently biting down and swallowing. Your dentist may also suggest using a small amount of denture adhesive.

- **Taste** may be affected especially in the case of full dentures covering one's palate.
- **Loss of sensation** to extreme hot foods/liquids due to the insulating plastic denture base. Use care to not ingest anything too hot.

How Do I Care for My Dentures?

Proper denture care is important for both the health of your dentures and your mouth.

- **Never use regular toothpaste to clean your dentures.** Either use a mild dish washing liquid or denture toothpaste. Brush them with a specially designed denture brush as you would your own teeth daily.
- Place a towel down or a water-filled basin to brush your dentures over to avoid breakage if dropped.
- Never store your dentures away dry. Always store them in plain water to avoid drying which would likely warp them and negatively affect fit. Be sure to thoroughly brush all surfaces of the denture. Denture cleansing and soaking solutions can be used but only after removing all food particles with the denture brush. These solutions are intended to clean the areas of the denture that are not accessible to the brush bristles such as the very narrow areas between the teeth and the denture base.