

Dentures Do's and Don'ts

DO:

- At bedtime, remove your dentures, clean them, and store them in water.
- Bring your dentures to every dental visit.
- Clean your dentures every day using a mild liquid dish soap or denture toothpaste daily.
This is the most important part of cleaning your dentures.
- Store your dentures in plain water to prevent them from drying out and losing their shape which can negatively affect their fit.
- Have your dentist check your dentures as soon as possible if they start slipping, wearing down, or don't fit well.
- Replace worn or poorly-fitting dentures before they cause health problems like sores and infections.

DON'T:

- Don't keep your dentures in your mouth all day and night. Removing them while you sleep allows the skin in your mouth to rest.
- Don't ever store your dentures dry.
- Don't try to fix your dentures yourself – ever. Using adhesives or glue to repair dentures can ruin them.
- Don't use regular toothpaste to clean your dentures.

Are My Dentures Covered?

HUSKY Health or Medicaid does cover dentures.

However, there are limitations that are important to note:

- Dentures can be replaced only once in a seven (7) year period starting from the date the current dentures were placed and based on state regulations.
- Relining or rebasing the existing dentures are covered only once in any two (2) year period.



Connecticut Dental Health Partnership

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

Monday to Friday • 8 am to 5 pm

Translation services are available.

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 adult's 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 or 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:

- **Speaking may feel different at first.** Reading out loud and practicing hard words can help your speech improve.
- **Chewing may take practice.** Start with soft foods, cut food into small pieces, and chew slowly making sure to use both sides of your mouth.
- **Dentures may move sometimes,** especially when laughing, coughing, or smiling. If this happens, gently bite down and swallow to help place them back correctly. Your dentist may also suggest using a small amount of denture adhesive.

- **Foods might taste different,** especially if you have full dentures that cover the roof of your mouth.
- **You may not feel hot foods or drinks as well.** Dentures can block heat, so be careful not to eat or drink anything too hot.

How Do I Care for My Dentures?

Taking good care of your dentures helps keep **your mouth healthy** and makes your dentures last longer.

- **Never use regular toothpaste to clean your dentures.** Instead, use a mild liquid dish soap or toothpaste made just for dentures. Brush them with a specially designed denture brush as you would your own teeth daily.
- **Brush your dentures over a towel or a sink filled with water.** This helps prevent them from breaking if you drop them.
- **Never let your dentures dry out.** Always store them in plain water when you are not wearing them. Dry dentures can lose their shape and stop fitting correctly.
- **Brush all parts of the dentures well to remove food and plaque.** You may use denture cleaning or soaking solutions, but only after brushing off all food with the denture brush. These solutions help clean small areas that the brush cannot reach.