



Healthy Bites episode - Caring for dentures

Hi, my name is Sharika-Marrie and I'm an Oral Health Therapist at Central Coast Health. Today, Let's talk about denture care.

Dentures provide a valuable solution for those who have lost their natural teeth, restoring not only a confident smile but also the ability to eat and speak comfortably.

To ensure your dentures last a long time, proper care and maintenance are essential.

I often get asked, "Why do I need to remove my dentures before bed." A great question, and the answer is important to ensuring your dentures last a long time.

Wearing dentures 24 hours a day can cause gum inflammation, sore spots, discomfort and thrush.

Just like natural teeth, dentures need daily care and maintenance to prevent build-up of plaque and bacteria.

Did you know that we should avoid using regular toothpaste to clean dentures as it can damage the denture material? Instead use a soft-bristled toothbrush with a mild liquid soap or denture cleaner with warm water. It is recommended to clean dentures in the morning and at night.

Cleaning dentures over a sink of water or a towel prevents them being damaged if they're dropped.

A last tip is to leave your denture in a soaking solution or room-temperature water overnight to prevent it drying out.

Remember, even if you no longer have natural teeth, regular dental check-ups are crucial for monitoring the health of your gums and the fit of your dentures.

Adults require a Medicare card, and a concession or healthcare card. Call us on 1800 679 336 to get on a waiting list.