



DENTURE HYGIENE



Phone
0432 100 666



Email
starkeysmiles@outlook.com



Address
Shop 2, 2 Guara Grove
Pimpama 4209

We are ecstatic that you have chosen Starkey Smiles Denture Care to help accomplish your dream smile! Although we are approaching the end of your treatment, it is extremely important that you remain on top of your dental hygiene to ensure the longevity of your denture. If you have any enquiries about the cleaning instructions or cleaning products, please don't hesitate to contact us!

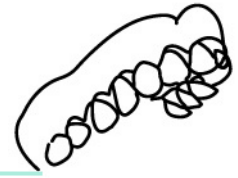
Brushing Your Dentures:

The concept of brushing your denture is very similar to brushing natural teeth as it encourages the physical dislodgment of food and plaque. Therefore, you should brush your dentures at least once a day, however it is recommended to brush after every meal, with rinsing after every meal being an acceptable practice. In saying this, one good brush is better than numerous poor brushes.

- Prior to removing your dentures for brushing it is recommended that you fill the sink with water or place a damp face cloth over the basin to prevent damage to the denture if you drop it.
- Dampen the tooth brush to soften the brush and apply either dish washing detergent or hand washing detergent to the brush.
- Rinse the denture and brush in a systematic approach to ensure all surfaces has been brushed thoroughly.

When brushing your dentures keep in mind:

- A soft bristle brush will result in minimal denture wear.
- The shape of the brush doesn't matter, use a shape that you are comfortable with.
- Avoid using toothpaste - even denture specified toothpaste- as they contain micro granules which will wear the denture down faster.
- Scrubbing harder and using a harder tooth brush won't clean better.
- Brush every surface (cheek side, tongue side, and gum side) of the denture.
- Each plate should be brushed for approximately 60 seconds.
- Grip the brush in your palm for better control
- Be careful on how you grip your denture. Holding too firmly can result in distortion or in some extreme cases fractures.



DENTURE HYGIENE



Phone
0432 100 666



Email
starkeysmiles@outlook.com



Address
Shop 2, 2 Guara Grove
Pimpama 4209

Soaking Your Dentures:

In conjunction with brushing your denture, it is also recommended that you soak your dentures in a solution overnight. This practice is not only important as it disinfects your dentures, but it also provides your soft tissues with a chance to breath and relax.

Commercial denture cleaners that are readily available at the supermarkets and pharmacy are great and easy to use. The different commercial cleaners consist of different chemicals and will have different effects on the denture, therefore it is important that you read the instructions carefully and use the products as recommended.

Although these commercial denture cleaners are effective, there are more cost effective solutions to soak you denture in.

- Soaking your denture overnight in vinegar solution consisting of 1 part vinegar and 9 parts water is an effective way help dissolve built-up deposits of calculus.
- Alternatively, soaking the denture in a bleaching solution (1 part bleach and 10 parts water) for no longer than 10 minutes disinfects your denture and aids with stain removal.

It is important to be aware that soft lined dentures, metal based dentures, and nylon dentures (sometimes referred to as flexible dentures) should not be cleaned with normal commercial cleaner and with the bleaching solution above as the bleach in these products may cause damage to the the soft liner material, flexible denture, and even corrode the metallic framework. Instead it is recommended to use commercial cleaner specific to these materials.

It is a common misconception that dentures do not need to be cleaned on a regular basis because they are not real teeth. However, without regular cleaning of your dentures you will notice an accumulation of plaque, calculus, staining, and an odor. Therefore, it is recommended to regularly clean you dentures. For the most optimal results, we recommend that you use a combination of both brushing and soaking your dentures. It is also another misconception that you have to brush only your dentures. This is also not the case, as it is recommended that you remove your dentures for cleaning and in the process brush your remaining teeth and/or gums, and tongue.