

# How to care for your dentures (false teeth)

- It is important that you look after your dentures as well as you would your own teeth. Unclean dentures can lead to problems such as bad breath, gum disease, tooth decay and a sore mouth.
- Brush your dentures each day, using either a toothbrush or denture brush with medium bristles. You can use a denture cleaning paste, toothpaste or even soap.
- Be gentle and avoid using anything too abrasive that may scratch your dentures.
- Dentures can become slippery when wet. Either clean them over a folded towel, or over the sink basin with a small amount of water in. If you drop the denture, they are less likely to then break.
- Always take out your dentures at night. It is important to keep them in water, this will prevent them from drying out.
- Denture cleaning solutions can be used to soak dentures each week. Please follow the manufacturer's instructions on how to use and always rinse with water following use.
- Dentures can often be misplaced if wrapped in tissue paper, especially during a stay in hospital. It is sensible to keep them in a labelled box.



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- Remember to continue brushing your own teeth using a fluoride toothpaste at least twice a day.
  - If you no longer have your own teeth, it is still important to keep your gums and tongue clean by brushing. And continue to see your dentist for check-ups.

#### **Opening hours:**

Monday - Thursday 8.30am - 5.00pm. Friday 8.30am - 4.30pm

#### **St Catherine's Health Centre Dental Clinic**

0151 514 6420

#### **Victoria Central Health Centre Dental Clinic**

0151 514 6266

#### **Leasowe Dental Clinic**

0151 514 2340

#### **Out of Hours:**

#### **Out of Hours Service 111**

#### **Revive Dental Care**

0161 476 9651

If you would like this information in another format or language, please contact the Your Experience Team on freephone 0800 694 5530. Alternatively you can email [wcnt.yourexperience@nhs.net](mailto:wcnt.yourexperience@nhs.net)

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