

A realistic illustration of a complete upper and lower denture set resting in a red, anatomically shaped plastic tray. The teeth are white and appear natural. The background is a solid dark teal color.

Denture Care

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Objectives

1. List products designed for cleaning dentures.
 2. Explain how to properly clean a denture.
 3. Determine which foods are appropriate to eat with dentures.
 4. Distinguish between different adhesive products used to secure dentures in the mouth.
 5. Recommend regular dental appointments to ensure a pain free, comfortable, and optimal denture experience.
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Products for Cleaning Dentures



Tablets

Creams

Pastes

Gels

Foams

How to Properly Clean a Denture

Water temperature

Frequency

Toothbrush

Correct order

How to store your denture when not in use

Appropriate Foods to Eat with Dentures

Soft foods

Stewed or
slow cooked
meals

Moist foods

Fruits

Vegetables

Dairy
products

Grains and
bread

Liquids

Foods to Avoid

Sticky foods

Hard foods

Tough meat

Nuts

Popcorn



Adhesive Products for Dentures

- Fixodent Denture Cream
 - Cushion Grip Thermoplastic Denture Adhesive
 - Super Poligrip Zinc Free Denture Adhesive
 - Secure Waterproof Denture Adhesive
 - Sea Bond Secure Denture Adhesive Seals
 - Poligrip Denture Adhesive Powder
 - Poligrip Stripe Adhesives
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Video: How to Apply Denture Adhesive





Importance of Regular Dental Appointments

- Maintain dental hygiene
 - Oral cancer
 - Fit of dentures
 - Prolonged denture life
 - Dry mouth
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Summary

- Many products used to clean dentures
- Steps to properly clean dentures
- Eat soft foods, avoid hard foods
- Many adhesive products for dentures
- Schedule regular dental appointments

Critical Thinking Activity

- **Case:** Here is the same picture of the denture I showed at the beginning of today's lecture. Imagine this is your denture and you have not been to the dentist in several years and do not know how to properly clean it. You have been given a \$40 dollar voucher to Walmart to purchase items to care for your dentures.
- 1. What are three items you would buy with your voucher to clean your denture?
- 2. After learning soft foods are best for dentures, what type of snacks would you buy?
- 3. Imagine you go over your budget. What is the most important item you would buy?
- 4. What is an example of an adhesive product that could help your denture stay in your mouth?

Question 1

- **Objective #1:** List products designed for cleaning dentures.
- **Test Item #1:** Which of the following is a product used for cleaning dentures?
 - a. Sponges
 - b. Tablets
 - c. Laundry detergent
 - d. Toothpaste

Question 2

- **Objective #2:** Explain how to properly clean a denture.
- **Test Item #2:** Which of the following describes how to properly clean a denture?
 - a. Use a hard bristled toothbrush and toothpaste
 - b. Boil to remove plaque and bacteria
 - c. Rinse with mouthrinse and soak in water
 - d. Rinse with water, use a soft toothbrush with denture cleaner, soak if needed, and rinse again

Question 3

- **Objective #3:** Determine which foods are appropriate to eat with dentures.
- **Test Item #3:** Which of the following foods should not be eaten with dentures?
 - - a. fruits
 - b. vegetables
 - c. nuts
 - d. dairy products

Question 4

- **Objective #4:** Distinguish between different adhesive products used to secure dentures in the mouth.
- **Test Item #4:** In one paragraph (3-4 sentences), explain the importance of adhesive products and give two examples we discussed.

Question 5

- **Objective #5.** Recommend regular dental appointments to ensure a pain free, comfortable, and optimal denture experience.
- **Test Item #5:** There are many reasons it is important to schedule regular dental appointments to ensure optimal denture function. In one paragraph (3-4 sentences), discuss two reasons.