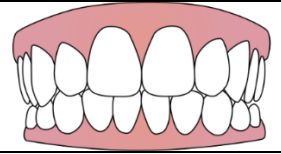


Care of Dentures



Remember to: Promote self-care as much as possible by:

Prompting	Encouraging	Supporting
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Equipment:

- Apply PPE
- Denture bowl/lid, brush / denture brush, denture cream/unperfumed soap **NOT** TOOTHPASTE
- Tepid water, soaking solution or tablets & a clean towel.

Procedures for cleaning of dentures -

- Dentures should be cleaned morning & night.
- Dentures should also be removed after eating and rinsed with water.

Brushing dentures:

- Brush the dentures with a toothbrush / denture brush using denture cream or unperfumed soap.
- Rinse thoroughly with water.
- Put a flannel or a bowl of cold water in the sink to prevent splashing & prevent dentures breaking if they are dropped. Dentures are expensive to replace!!

Cleaning a partial denture:

- Carefully & gently brush metal clasps (clip on to their teeth) to avoid damaging them.
- Remember to brush natural teeth while partial dentures are removed.
- Usually at night, soak plastic dentures in disinfecting fluid for 20 min, then overnight in plain water
- Dentures with metal parts should be soaked in chlorhexidine 0.2% solution

Removing full dentures for cleaning:

Encourage the Service User to remove their own dentures, if unable -

- Cover them with a clean towel.
- Before removal, ask them to take a sip of water.
- Remove the lower set first.
- Remove the upper denture, 'break the seal' by rocking the denture gently from side to side until dislodged.
- When removing the denture from their mouth, remove the denture at an angle.

Removing partial dentures:

- Some partial dentures can be difficult to remove.
- Carefully place your fingers under the clasps, hooked on to the teeth & gently push downwards.
- Take hold of the plastic part and pull carefully out of the mouth.
- Avoid bending the wire (clasp), that attaches to their natural teeth.

Inserting full dentures:

- Dentures should be rinsed under clean water before putting in mouth
- Encourage independence; if not, replace upper denture first.
- Replace denture by gently inserting the denture at an angle then rotate into position.
- Always use the Service User's own denture box & ensure it is clean, with a lid for soaking dentures.

Denture Adhesive:

- Some people use denture adhesives, especially if they have badly fitted dentures.
- Adhesives come in different forms (paste, powder or strips) & are used to hold the dentures in place & prevent rubbing against the gums.
- Follow the manufacturer's instructions on the pack & ensure that the correct amount is used. Often too much adhesive is applied, and this can be an aspiration risk as it may cause them to choke
- After removal of dentures, ensure all traces of the adhesive are cleaned from the mouth and the denture.

Oral care is a priority - Below are some links for you to watch.

How to Brush your Teeth – <https://www.youtube.com/watch?v=BapR9J86ZZw>

How to clean a denture - <https://www.youtube.com/watch?v=aJvsFUtRL9k>