



Oral Care for People with Dentures

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Providing oral cares to individuals with dentures is considered a highly important daily task. Dentures can result to increased rates of fungal infections or oral bacteria.

Oral Care recommendations for individuals with dentures:

- Remove dentures after eating or drinking and rinse with water. Alternatively, encourage the person to drink water.
- If the person has any remaining natural teeth, brush teeth, cheeks and gums with a soft toothbrush, morning and night.

Encourage people with no remaining teeth to rinse their mouth out with water.

If needed use a swab or wet cloth to clean cheeks, gums and tongue.



- Dentures should be removed every night before bed. This also reduces the risk of aspiration pneumonia and allows the gums to rest.
- Brush dentures morning and night with mild soap and a denture brush or a soft toothbrush and rinse thoroughly under running water.
- Soak dentures in cold water in a container overnight. Storage containers should also be cleaned daily.
- Thoroughly disinfect dentures once a week with a disinfecting product such as Chlorhexidine solution or a denture cleaning tablet.

