

How do I take care of my dentures?

Dentures like other objects may break if dropped. Stand over a folded towel or a basin of water when handling dentures. When you are not wearing them, store your dentures in water or mouthwash away from children and pets. Just like natural teeth, dentures must be brushed daily to remove food deposits and plaque. Brushing helps prevent dentures from becoming permanently stained, reduces bad odors and helps your mouth stay healthy. It's best to use a brush designed for cleaning dentures. A toothbrush with soft bristles can also be used. Avoid using hard-bristled brushes that can damage the surface of your dentures.

Some denture wearers use hand soap or mild dishwashing liquid, which are both acceptable for cleaning dentures. Avoid using other powdered household cleansers, which may be too abrasive. Also, avoid using bleach, as this may whiten the pink portion of the denture. Your dentist can recommend a denture cleanser and tell you how often to use the cleanser.

The first step in cleaning dentures is to rinse away loose food particles thoroughly. Moisten the brush and apply denture cleanser. Brush every surface, scrubbing gently to avoid damage.

Dentures may lose their shape if they are allowed to dry out. When they are not worn, dentures should be placed in a denture cleanser soaking solution or in

water. Your dentist can recommend the best method. Never place dentures in hot water, which can also cause them to warp.

Ultrasonic cleaners are also used to care for dentures. However, using an ultrasonic cleaner does not replace a thorough daily brushing.

Will my dentures need to be replaced?

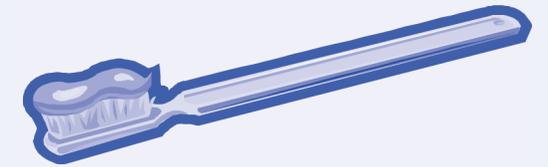
Over time, dentures will need to be relined, rebased or remade due to normal wear. To reline or rebase a denture, the dentist uses the existing denture teeth and refits the denture base or makes a new denture base. Dentures may need to be replaced if they become loose and the teeth show signs of significant wear. Dentures become loose because a mouth naturally changes with age. Bone and gum ridges can recede or shrink, causing jaws to align differently. Shrinking ridges can cause dentures to fit less securely. Loose dentures can cause health problems, including sores and infections. A loose denture also makes chewing more difficult and may change your facial features. It's important to replace worn or poorly-fitting dentures before they cause problems.

**For More Information Contact
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CARING For Your DENTURES



**Connecticut Department
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Welcome!

Whether this is your first experience, or you have been wearing dentures for years, a denture can have a significant impact on your life. The good news is that, you're not alone. One in five adults wears either full or partial dentures. And although it may seem a bit overwhelming at first, with a little patience and practice, you'll soon feel as if your new dentures are a natural part of you. They will be with you for a long time, so taking care of your dentures needs to be as important to you as taking care of your own teeth.

Proper denture care is important for both the health of your dentures and your mouth. You will want to feel certain that your dentures will fit comfortably and securely throughout the day. Along with a good fit, keeping food debris from building up on your dentures will go a long way to maintaining good oral health and keeping your dentures in good shape. The Connecticut Dental Health Partnership (CTDHP) can only provide one set of dentures to each client every seven years. Before the seven year mark, it can be very difficult to justify why a replacement is being requested. The criteria for such requests are very stringent and requests for replacement for cosmetic reasons alone are not a reason to make new dentures.

Why it is Important to Take Care of Your Dentures?

If you've lost all or some of your natural teeth, whether from gum disease, tooth decay (cavities) or injury, complete or partial dentures can replace your missing teeth. Replacing missing teeth will benefit your health. You'll be able to eat and speak—things that people often take for granted until their natural teeth are lost.

Even if you wear full dentures, you still must take good care of your mouth. Brush your gums, tongue and palate every morning with a soft-bristled brush before you insert your dentures to help prevent and remove any plaque buildup.

Will dentures change how I speak?

Pronouncing certain words may require practice. Reading out loud and repeating troublesome words will help. If your dentures "click" while you're talking, consult with your dentist.

You may find that your dentures occasionally slip when you laugh, cough or smile. Reposition the dentures by gently biting down and swallowing.

Am I Covered for Dentures? Are There Limitations?

Dentures are covered by the CTDHP for people in the Medicaid and SAGA programs. However, there are limitations that are important to note:

- Dentures will only be approved if the patient can tolerate and use them on a daily basis;
- Dentures can be replaced only once in a seven (7) year period starting from the date of placement of the existing denture. Exceptions will only be considered where the absence of dentures would create an adverse condition *which would jeopardize* the patient's health;
- Relining or rebasing the existing dentures are covered only once in any two (2) year period;
- Partial dentures are covered when there are missing front teeth and/or less than 8 back teeth that are used for chewing.

This is why it is very important to take care of your dentures because you will have them for at least seven (7) years.

For more specific information contact the CTDHP at 866-420-2924.

Must I do anything special to care for my mouth?

Even with partial or full dentures, you still need to take good care of your mouth. Every morning, you should brush your gums, tongue and palate with a soft-bristled brush before you put in your dentures. This removes plaque and stimulates circulation in the mouth. Selecting a balanced diet for proper nutrition is also important for maintaining a healthy mouth.

Will I be able to eat with my dentures?

Eating will take a little practice. Start with soft foods cut into small pieces. Chew slowly using both sides of your mouth at the same time to prevent the dentures from tipping. As you become accustomed to chewing, add other foods until you return to your normal diet.

Continue to chew food using both sides of the mouth at the same time. Be cautious with hot or hard foods and sharp-edged bones or shells that can break your dentures