Dentures: take out, soak, brush.

Take them out for a few hours a day, soak them in a denture cleanser and brush them with a denture brush. Using both a cleanser and a brush removes more dirt than either one alone.[1][2]

Every day, at least The minimum routine

1 Take them out for a few hours

Don't wear them 24 hours a day. Do steps 2 and 3 while they are out.[1]

2 Soak in a cleanser

Use a denture cleanser outside your mouth, as the instructions say. Rinse well with water before putting them back in.[1]

3 Brush

Use a denture brush. Cleanser plus brush works better than either one alone.[2]

An ordinary denture cleanser and denture brush from a pharmacy are enough.

Things to avoid

No hot water
Very hot water can change the shape of your dentures.[1]

No abrasive toothpaste
Fine scratches make it easier for dirt to stick.[1]

No long soaks in bleach
Household chlorine bleach can damage your dentures.[1]

Don't let them dry out
Keep them in water or cleanser while they are out.[1]

Don't glue a broken denture
Don't repair it yourself. Bring it to your dentist.

Don't rely on adhesive
Needing more and more adhesive is a sign they no longer fit.[1]

Take them out at night?

Wearing dentures 24 hours a day is not recommended.[1] But you don't always have to take them out at night. **Take them out for a few hours at some point in the day, and clean them then.**

Depending on where your remaining teeth are, some people are better off wearing them at night. Ask your clinic which is right for you.

If you have a partial denture

The teeth that hold the clasps are more likely to run into problems than your other teeth.[3][4] Take the denture out and brush your remaining teeth carefully, **especially around the clasped teeth**.

From your clinic A clinic stamp is fine for contact details

Phone _____ **Next visit** ☐ Adjustment ☐ Check-up ☐ Other Date: Time:

Opening hours _____ **At night** ☐ Take them out ☐ OK to keep them in

Notes _____

References [1] Felton D, et al. Evidence-based guidelines for the care and maintenance of complete dentures (American College of Prosthodontists). J Prosthodont. 2011;20 Suppl 1:S1-S12. [2] Schmutzler A, et al. Cleaning of removable dental prostheses: a systematic review. J Evid Based Dent Pract. 2021;21(4):101644. [3] Drummond LB, et al. J Prosthet Dent. 2025;134(5):1664-1685. [4] Gotfredsen K, et al. J Clin Periodontol. 2022;49 Suppl 24:167-181.

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Even with dentures, see a dentist once a year.

About 4 in 10
older adults in one community study met the criteria

A gradual decline in chewing, swallowing and speaking is called "oral frailty". People with oral frailty are at higher risk of becoming frail or needing care later, but **if it is noticed early and addressed, it can improve.**[5]

Self-check

Tick the box if the answer applies

- ☐ How many of your own teeth do you have? **0–19**
  Count teeth with posts or crowns. Don't count implants
- ☐ Is hard food harder to eat than 6 months ago? **Yes**
- ☐ Do you sometimes choke or cough on tea or soup? **Yes**
- ☐ Are you bothered by a dry mouth? **Yes**
- ☐ In everyday talk, do you sometimes fail to speak clearly? **Yes**

2 or more means oral frailty. Talk to your regular dentist or doctor.[5]

For families: at mealtimes

Even if you live apart, when you visit

Eating	Spills more food. Eats less or has lost weight
Choking	Chokes or coughs on tea or soup
Breath	Stronger mouth odour (dirty dentures can be the cause)
Dentures	Leaves them out. Or never takes them out
Adhesive	Uses more and more. Puts up with a poor fit.[1]
Speech · mouth	Speech less clear. Sores that won't heal

When to see the dentist

See us soon

- Denture **broken**, clasp **snapped**, or **too painful** to wear (don't glue it yourself)
- A sore or wound **not healed after 2 weeks**

Ask or book soon

- **Eating less or choking more** (ask your regular doctor or dentist)
- Dentures **loose**, more adhesive needed, or bad breath

Check-up at least once a year

- Even if they fit, don't hurt and cause no problems[1]
- Full dentures too[1]

Can't get to the clinic? Home dental visits are available

A dentist or dental hygienist can come to your home or care facility for treatment and oral care. Start by asking your **care manager**.

Clinic contact (stamp is fine)

Notes

References

[1] Felton D, et al. J Prosthodont. 2011;20 Suppl 1:S1-S12. [5] Japan Geriatrics Society, Japanese Society of Gerodontology, Japanese Association on Sarcopenia and Frailty. Joint statement on oral frailty. Apr 2024.

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