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.

Written by a practising dentist (Zubora Ha Lab, Japan) · November 2026 edition

If your clinic's instructions differ, follow your clinic. Free to use; terms of use: zubora-lab.com/sheets/ (Japanese)

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.

Written by a practising dentist (Zubora Ha Lab, Japan) · November 2026 edition

If your clinic's instructions differ, follow your clinic. Free to use; terms of use: zubora-lab.com/sheets/ (Japanese)