

Denture Daily-Care Sheet

THE ROUTINE THAT MAKES DENTURES LAST — EAST SALEM DENTAL

(503) 555-0123

Denture questions? Call us

1251 Lancaster Dr NE, Salem, OR 97301

EVERY MORNING

- ✓ Rinse dentures before wearing — overnight solution isn't mouthwash.
- ✓ Brush your **gums, tongue and palate** with a soft brush (circulation + fresh breath).
- ✓ Check fit: new sore spots mean call us, not "toughen through it."

AFTER MEALS

- ✓ Rinse dentures under water when you can.
- ✓ Rinse your mouth too — food under a denture causes most sore spots.

EVERY NIGHT

- 1 Take dentures **OUT** — gums need 6–8 hours of rest. Sleeping in dentures is the #1 cause of infections and bone loss.
- 2 Brush them with a **denture brush + denture paste** over a folded towel or sink of water (drop insurance).
- 3 Soak overnight in denture solution or plain water. **Never hot water** — it warps them permanently.

NEVER DO THESE

- ✗ Regular toothpaste on dentures — it's abrasive and scratches them cloudy.
- ✗ Bleach, vinegar soaks, or boiling water.
- ✗ DIY repairs with super glue — it ruins a professional repair.
- ✗ Wrapping them in a napkin at dinner (that's how dentures get thrown away).

CALL US WHEN...

- ✓ A sore spot lasts more than 2–3 days.
- ✓ They feel loose or click when you talk (probably a reline, not a replacement).
- ✓ Any crack, chip, or lost tooth — most repairs are same-day here.

THE NUMBERS

Annual denture check: covered in our **\$19/mo Denture Care membership** (includes 1 free repair/year + 20% off relines).

Relines \$250–450 · repairs from \$150 — both usually same-day.