Healthy smiles for life: caring for your dentures

Following the end of National Dental Health week in early August, KND Dentures is encouraging people to maintain proper oral hygiene and care all year round.

Facilitated by the Australian Dental Association (ADA), this year's Dental Health Week campaign ran from Monday, August 2 to Sunday, August 8.

With a general focus on healthy teeth and gums, people that wear dentures may not know how to care for them properly. Read on to find out how to maintain your oral health and prolong the life of your dentures.

Proper care of your dentures will maintain your comfort, save you money and extend the life of your dentures. (iStock)

Tips to care for your dentures:

When cleaning your dentures, always remove them from your mouth to allow a comprehensive cleaning of both the dentures and the mouth.

If using a toothbrush, make sure it is a soft-bristled brush and that you brush the dentures gently. If you have natural teeth, it is still very important to keep them clean and continue visiting your dentist to have regular cleanings carried out.

Many people believe the harder you brush and the more toothpaste you use the better. However, this is incorrect – the less toothpaste and the softer the brush and brushing motion, the better. If it is too harsh or too stiff then you may scratch your dentures, which will encourage more food to stick and build up on them.

Accidents do happen when cleaning dentures. Because they can be quite slippery, we recommend either placing a face washer in the sink or even filling the sink with a couple of inches of water so if they do get dropped in the sink, they don't hit a hard surface but rather something soft, hopefully protecting them from any damage.

If your denture feels uncomfortable or is causing pain, it is important to see your prosthetist to adjust the denture as required to relieve the pain. Continued pain from dentures over time can cause damage to the tissue that may require a procedure to remove the damaged tissue – it's always best to keep on top of this rather than to try to put up with it.

If you have any questions or issues, it's important to contact your dentist or prosthetist. With a healthy mouth and gums, you can keep smiling all year round!

K.N.D
Denture Clinic
DENTAL PROSTHETISTS
ASSOC. DIP. APP. SCI. DENTAL TECHNOLOGY

FREE: INITIAL CONSULTATION AND ADVICE

• New Full and Partial Dentures
• Implant Retained Over Dentures
• Metal Framed Dentures
• Sports Mouthguards • Repairs • Relines
• HICAPS Available • Veteran Affairs
• Victorian Denture Scheme Accepted

www.knddentureclinic.com.au
like us on Facebook KND Denture Clinic

✔ NEW DENTURES ARE GST FREE
✔ HEALTH FUND REBATES
✔ QUALITY DENTURE CARE
✔ PROMPT APPOINTMENTS

Kathy Danoucaras, Nick Danoucaras and Sam Robertson
KND Denture Clinic, 192 Main Road East, St Albans
9364 3677 or 0409 790 820
Also at: Suite 8, 242 Caroline Springs Boulevard, Caroline Springs. 8361 9722
& 491-495 King Street, West Melbourne, 9329 7077

ADPA Australian Dental Prosthetists Association (Victoria)
AUSTRALIAN MADE AND OWNED

12421397-CG30-19