

FREE PRINTABLE GUIDE · 2026–2027 EDITION

How to care for your dentures

Your daily routine, what to avoid and when to call us

The essentials

1. Clean your denture every day outside your mouth, with a soft brush and a denture cleanser. Do not use toothpaste.
2. Take it out to sleep and keep it in water or a cleaning solution.
3. Even with no teeth, see the dentist once a year: fit, gums and an oral cancer exam.

Your routine, step by step

WHEN	WHAT TO DO
After meals Rinse	Take it out and rinse it with water. Rinse your mouth.
Every night Remove adhesive, clean and soak	Brush it with a soft brush and a denture cleanser. Soak it in water or a cleaning solution.
Every morning Clean your mouth	Gently brush your gums, tongue and palate. Rinse the denture before putting it in.
Every week Check your denture and mouth	Look for cracks, loose teeth or rough edges. In the mirror: sores or patches.
Every year Dental checkup	Fit, gums, oral cancer exam and a professional cleaning of the denture.

Can I sleep with my dentures in?

Better not. The ACP guidelines do not recommend wearing dentures 24 hours a day. In a study of people aged 85 or older, those who slept in their dentures had **more than double** the risk of pneumonia. It does not prove cause, but taking them out at night helps prevent sores and infections.

Linuma et al., J Dent Res 2015: 524 people in Tokyo, followed for 3 years. MedlinePlus.

Do not do this

Avoid

- Boiling or very hot water
- Soaking it in bleach
- Toothpaste or mouthwash
- Letting it dry out of water
- Adjusting it yourself at home

Do this instead

- Lukewarm water to wash it
- Cleanser or tablets, only outside your mouth
- Rinse it well before putting it in
- One brush for it, another for your mouth
- Clean it over a towel, in case it falls

Adhesive: a little, used well

- It is optional and can help your denture move less. Use 3 or 4 pea-sized dots and remove it every day.
- Choose one without zinc: overusing zinc adhesives has been linked to nerve and blood problems.
- If you need more and more, the denture no longer fits: book a checkup.

Your yearly checkup, even with no teeth

Your mouth changes with time; your denture does not. The dentist:

- | | |
|---|---|
| ☐ Checks the fit and your bite | ☐ Does an oral cancer exam |
| ☐ Looks at your gums and bone | ☐ Tells you if it needs a reline |

Oral cancer risk rises with age (mainly after 40), tobacco and alcohol. The exam is quick.

For your fridge door

1. **After meals:** rinse your denture and your mouth.
2. **Every night:** remove the adhesive, brush it outside your mouth and soak it in water.
3. **Every morning:** brush your gums, tongue and palate; rinse the denture.
4. **Adhesive:** 3 or 4 small dots, without zinc. Remove it every day.
5. **Every year:** dental checkup with an oral cancer exam.

Never: boiling water · bleach · toothpaste · sleeping in it · letting it dry out · adjusting it at home.

Signs to call us: (305) 787-3642

- Your denture moves, slips or needs more and more adhesive
- Sore spots or areas that rub and hurt
- Red or swollen gums under the denture
- A sore, lump, or white or red patch that lasts more than 2 weeks
- Your denture is broken, cracked or missing a tooth

Do not wait: if your face is swollen or you have a fever, call the same day. If it is hard to breathe or swallow, call **911**.

Call us: (305) 787-3642

8000 SW 117th Ave, Suite 100, Kendall · puresmilemiami.com ·
info@puresmilemiami.com

We open Monday, November 2, 2026. Monday to Friday, 9:00 a.m. to 7:00 p.m.,
and Saturdays, 10:00 a.m. to 5:00 p.m.

Something unclear? Call us and we will explain it again, at your pace.

Sources: Felton et al., ACP guidelines for the care of complete dentures (*J Prosthodont* 2011; PMID 21324026); Iinuma et al., *J Dent Res* 2015 (PMID 25294364); MedlinePlus, *Dentures and Denture problems*; NIDCR, *Oral Cancer and Older Adults and Oral Health*; ADA MouthHealthy, *Dentures*; FDA notice to makers of zinc-containing denture adhesives (2011). Accessed October 2026.

General educational information. It does not replace a dental exam or your dentist's instructions. Results, risks and costs vary for each person.

Need help in another language? It is free: call (305) 787-3642. PureSmile Miami does not discriminate on the basis of race, color, national origin, age, disability or sex.

Yoan Suárez Zayas, DMD · FL Lic. DN 21413 · v2.0 · October 2026 · next review: October 2027