



## Patient information: Full dentures

It is important to keep your new prosthesis in the mouth at all times; it should stay there even at night and not be put in a glass of water as you might remember from your grandparents' times. Since then, the material has changed and this is no longer necessary.

The prostheses are held in the mouth by the adhesive effect of the saliva, the muscles and in the upper jaw by suction. If teeth have been extracted, the hold will be reduced during the healing process, so it is important to come to us after 6 months to make an exact adjustment (relining) to the altered conditions.

### Denture hygiene

Dental plaque is a problem not only for natural teeth but also for artificial ones. Such covering forms where food remains were left and artificial teeth are no exception. The dental plaque should be removed from full dentures because bacteria in the oral Biofilm may pose a risk of general medical infections in immunocompromised people, especially of infections of the respiratory tract.

Removable dentures require the cleaning of coverings not only on the outer surfaces, but also on the inner surfaces that are placed on the jaw bone and on the palate. If these food remains are not removed, not only the prosthesis suffers, but also the mucous membrane under it. Apart from the fact that these, often hidden food remains cause bad breath, decomposition of food leftovers also results in inflammation of the mucous membrane.

### How to clean the denture?

During the morning and evening hygiene, you should take the prosthesis out of your mouth and brush it thoroughly, with a toothbrush, hand brush, or special prosthesis brush, as well as toothpaste or even better with soft soap. Since many available denture cleaners are too aggressive for the plastic, they should not be used for safety reasons. It is recommended to brush the prosthesis inside and outside over a water-filled wash basin so that they do not break if they accidentally slip out of your hand.

### How to clean the mouth?

Also, the palate and jaw areas that carry the dentures should - if possible - be cleaned with a toothbrush and then be massaged with the index finger. The massage reduces swelling and improves blood circulation. In addition, flush the mouth as cold as possible. The tongue, which has a fissured surface, should also be cleaned daily with a toothbrush or a tongue scraper to remove bacteria and food remains that are attached to it.