



STORING DENTURES

WHAT IS BEST PRACTICE?

The effect of overnight storage conditions on complete denture colonization by *Candida albicans* and dimensional stability, A systematic review [Aug 2020]

A common question asked is should dentures be stored dry or in water/solution?

Dentists used to generally advise patients to remove their denture/s from their mouth at night and store them in water. Sometimes patients were advised to use a denture cleaning agent.

The reason why soaking dentures overnight was recommended was because it was thought that if they were left dry for hours at a time they would warp causing the acrylic material to alter in shape and not fit properly in the mouth. But we now know that storing dentures DRY does not cause significant movement to the denture and in actual fact studies found that leaving dentures dry for a period of time reduced candida on the denture and therefore reduces incidences of denture stomatitis [inflammation of the tissues directly underneath the denture].

In actual fact studies have shown that storing dentures in water alone may promote candida colonization. (J Prosthet Dent 2020;124:176-82)

ADVICE

Best practice advice for denture wearers is to remove their denture at night storing it in a clean denture pot, DRY as studies have demonstrated that leaving denture dry for 8 hours reduces the fungal population on the denture which causes denture stomatitis [oral thrush].

CLEANING DENTURES

Dental plaque will stick to any hard surface meaning that not only will it adhere to teeth but to dentures too. So dentures like teeth require mechanical cleaning!

1. **Use a soapy detergent** such as a mild soap and dental brush or toothbrush will suffice. Ensure that you rinse it thoroughly under running water!
 - Alternatively use a denture cleaning product [HERE](#) that effectively cleans the denture and leaves a fresh minty feel with peppermint oil.

Toothpaste is discouraged because this can scratch the denture.

2. **Soak in a denture-cleansing solution** after mechanical cleaning seems to be beneficial for preventing denture stomatitis and the potential risk of pneumonia events in these groups of people. [as manufacturers instructions, usually 20mins soak]

3. **Place in a clean named denture pot DRY.**

DO NOT..

- **use any type of bleaching product to clean your dentures. Bleaching can lead to weakening of the dentures as well as making them look unsightly.**
- **use very hot water to soak your dentures as it can weaken the dentures causing them to break**
- **remove tartar yourself as you may damage the denture material. Contact a dental technician or dentist to have them professionally cleaned.**