

**Supplemental Material S1.** Oral health care resources for non-dental healthcare professionals; the dos and don'ts of denture care.

**Oral Health Care Resources for Non-Dental Healthcare Professionals**

Resource	Link
Brushing Up on Mouth Care Website*	<a href="http://brushingup.ca/">http://brushingup.ca/</a>
Oral Health Basics video*	<a href="http://brushingup.ca/oral-health-basics/">http://brushingup.ca/oral-health-basics/</a>
Instructions for Brushing, Interdental and Denture Care video*	<a href="http://brushingup.ca/brushing-techniques-oral-health-products/">http://brushingup.ca/brushing-techniques-oral-health-products/</a>
Administration of the Oral Health Assessment Tool (OHAT) video*	<a href="http://brushingup.ca/oral-health-assessment/">http://brushingup.ca/oral-health-assessment/</a>
Smiles for Life: A National Oral Health Curriculum	<a href="https://www.smilesforlifeoralhealth.org/">https://www.smilesforlifeoralhealth.org/</a>
Oral Health: Supporting Adults Who Require Assistance Registered Nurses' Association of Ontario	<a href="https://rnao.ca/sites/rnao-ca/files/bpg/RNAO%20Oral%20Health%20Supporting%20Adults%20Who%20Require%20Assistance%20Second%20Edition%20FINAL%20WEB%20Dec%202020.pdf">https://rnao.ca/sites/rnao-ca/files/bpg/RNAO Oral Health Supporting Adults Who Require Assistance Second Edition FINAL WEB Dec 2020.pdf</a>
Caries Risk Assessment. American Dental Association	<a href="http://www.ada.org/~media/ADA/Science%20and%20Research/Files/topic_caries_over6.pdf">http://www.ada.org/~media/ADA/Science%20and%20Research/Files/topic_caries_over6.pdf</a>
American Academy of Pediatrics (AAP) Bright Futures Tool & Resource Kit.	<a href="https://toolkits.solutions.aap.org/bright-futures/home#">https://toolkits.solutions.aap.org/bright-futures/home#</a>

*\*Permission for use of the Brushing Up on Mouth Care materials is for educational purposes only. The Brushing Up on Mouth Care team permits these materials to be republished in Perspectives.*

## The Dos and Don'ts of Denture Care

### Do:

- Always assess the underlying structures that support dentures for signs of ill-fit or infection.
- Clean dentures after meals and before bed, and at-minimum clean dentures once per day.
  - Clean outside the mouth and rinse thoroughly afterwards.
  - Clean over a sink or basin of water and line the vessel with soft cloth.
  - Brush with a soft denture or soft toothbrush and a nonabrasive denture cleaner or mild liquid soap.
  - Clean the underlying tissues with a soft toothbrush or soft damp cloth.
- Dentures should be removed overnight or for an extended period during the day.
  - Store dentures in water when not in the mouth to avoid warping.
  - When using a nonabrasive denture cleaner to soak or brush dentures, follow instructions and ensure that the product is designed for the type of denture (i.e., all acrylic dentures or dentures with metal) that you are cleaning.
  - Acrylic dentures without metal can be soaked in bleach or sodium hypochlorite, rinse thoroughly. Suggested solution: Mix 1 tablespoon of bleach with 6 ounces of water.
- At least annually, clean dentures in an ultrasonic cleaner.
- Dentures should be checked yearly by a dental professional or when dentures are broken or ill-fitting. As underlying structures that support dentures change, the denture may need to be adjusted or relined to fit the new shape of the mouth.
  - Relines may be hard or soft, and temporary or long term.
  - Relines should be periodically checked by a dental professional.
  - Care of reline materials vary, check with the provider who placed the reline for care instruction.
- When a denture adjustment is not an option, denture adhesives can improve retention when used properly.
  - Monitor the underlying tissues with prolonged use of denture adhesives.
  - Avoid denture adhesives that contain zinc.
  - Only 3 to 4 pea sized drops of denture adhesives should be used.
  - Denture adhesives should be removed daily from the tissues and the denture.

### Don'ts

- Do not soak a denture in boiling water
- Do not use denture cleaner inside the mouth
- Do not use bleach or sodium hypochlorite solutions on dentures with metal.
- Do not soak acrylic dentures in bleach or sodium hypochlorite solutions for longer than 10 minutes. Prolonged use can fade the color of dentures.
- Rough denture surfaces harbour more bacterial and fungal organisms. Do not scratch the denture or use abrasive cleansers, such as stiff bristled brushes, abrasive denture cleaners and toothpaste, that may microscopically scratch the denture.
- Dentures with soft liners provide a rough denture surfaces harbour more bacterial and fungal organisms. Soft liners need to be cleaned well but take precaution to not be overly aggressive.
- Continuous wear of dentures increases the risk of denture stomatitis (i.e., generalized inflammation of the tissues underlying the denture). Do not wear dentures 24 hours a day.

(Felton et al., 2011; Pieren & Bowen, 2019)

Felton, D., Cooper, L., Duqum, I., Minsley, G., Guckes, A., Haug, S., Meredith, P., Solie, C., Avery, D., Deal Chandler, N., & American College of Prosthodontists. (2011). Evidence-based guidelines for the care and maintenance of complete dentures. *Journal of Prosthodontics*, 20(Suppl. 1), S1–S12. <https://doi.org/10.1111/j.1532-849X.2010.00683.x>

Pieren, J. A., & Bowen, D. M. (2019). *Dental hygiene theory and practice* (5th ed.). Elsevier.