

Dr. Little's Dental News

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KEEPING DENTURES CLEAN

Unless dentures are cleaned daily and properly maintained, they will accumulate food particles and "plaque" (bacterial film) that can lead to bad breath, inflamed gums, and even chronic disease. With this in mind, denture wearers are strongly urged to either brush their prosthetic teeth or soak them in a cleaning solution. Arguably, the best cleaning method is brushing with toothpaste. However, for those who experience difficulty brushing their dentures effectively, soaking can remove as much plaque as brushing. For short soaks of about 15 minutes, enzymatic and effervescent solutions are probably equally effective at removing plaque. For longer soaks up to eight hours, enzyme denture-cleaning solutions may be preferable. Rinse dentures well regardless of the

cleaning method.

Dentures have been in use for more than 2,000 years, and today these substitutes for missing natural teeth have never been more effective, easy to use, comfortable, and appealing. However, you still need to take care of them as well as your oral hygiene with regular professional checkups and scrupulous home care. Complete dental care for all members of your family is available at our office, where we utilize only the latest in dental technology for your care and comfort. We create great smiles!

P.S. When cleaning dentures, avoid using abrasive materials such as brushes with stiff bristles, whitening toothpastes, and products containing bleach, all of which can damage dentures.

Dr. Little provides quality family and cosmetic dentistry.

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