

# DENTURE CLEANSING

## *Dentures with foul smell or taste:*

1) Perhaps the most common cause of dentures tasting or smelling foul is age since fabrication. Dentures are manufactured from methyl methacrylate and polymer resins. This material becomes increasingly porous over time and this porosity allows bacteria and fungus into these “micro-holes”. Fungus and bacteria in the these micro-holes ferment food and chemicals generating foul bi-products. This is a main reason why life-expectancy of denture materials is 3-5 years and the denture should be cleansed in enzymatic cleansing solution.

2) Enzymatic cleansers such as Polydent, Efferdent or Fixodent cleansers are available over the counter from discount stores and should be used as directed by the manufacturer. Food becomes acidic in the denture and must be neutralized by these enzymatic cleansers.

3) Patients who have new dentures made, after many years with their older denture, may experience an initial “plastic-like” taste due to continuous curing of methyl-methacrylate & polymer. This can be helped by having the dentist or lab place the denture in a pressure-pot with warm water to drive residual curing and hopefully decrease this taste. The denture may also be placed in a clear basin of warm water and allowed to set in direct sunlight; UV rays will also drive residual curing to completion.

4) Dentures may be brushed with a soft tooth-brush and ivory soap.

5) Patients with temporary liners or other more permanent softliners may soak the denture in white-wine vinegar; not enzymatic cleansers.

6) Dentures should not be left in cleansers all night and immediately placed in the mouth. The denture should be allowed to soak in water for at least an hour to allow the cleanser to dissolve out of the denture. Inadequate rinsing may result in a soapy taste,

*You may direct any questions to Dr. Joseph Heinze DDS MS (605-791-3858).*