Camera Ready: Caring for Dentures

Although partial and total tooth loss has decreased since the 1970s,[1] it is still a regular occurrence for many seniors. However, wearing dentures doesn't mean you have to hide from the camera. Routine visits to your dentist, combined with healthy dental hygiene, can protect your smile for years to come.

To keep your dentures looking healthy, be sure to brush them daily with a soft toothbrush or denture cleaning brush, using a prepared denture powder or paste, hand soap or baking soda. Brush the dentures inside and out, then rinse with cool water. When not in use, dentures should be covered with water or a denture-cleaning solution to prevent drying.[1]

Denture care alone won't save your smile—be sure to care for your gums and remaining teeth by brushing, flossing, using mouthwash and eating a nutritious diet. These combined habits will ensure you maintain a photo-ready smile.



Did you know?

Ninety-three percent of seniors aged 65 and older have had cavities in their permanent teeth.[2]

Quick bites

- If you have arthritis or limited use of your hands, try adapting the toothbrush for easy use. Insert the handle into a rubber ball or sponge hair curler, or glue the toothbrush handle into a bicycle grip.
- Don't forget the rest of your teeth—opt to drink fluoridated tap water instead of bottled. This helps to further fight off cavities.
- Talk to your dentist about changes in your oral health, like dry mouth or tooth pain.
- Tooth loss is compounded by poor general health—follow a nutritious diet, and avoid food and drinks high in sugar.[3]

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1 American Dental Hygienists' Association, "Senior Oral Health," web. **2** National Institute of Dental and Craniofacial Research, "Dental Caries (Tooth Decay) in Seniors (Age 65 and Over)," web. **3** World Health Organization, "The World Oral Health Report 2003," web.

Healthy Smile, Happy Life

Delta Dental of Arkansas, Indiana, Kentucky, Michigan, New Mexico, North Carolina, Ohio, and Tennessee

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