



PRESS RELEASE

The Sacramento Dentistry Group Talks About Cleaning Dentures

The Sacramento Dentistry Group recently helped the public better recognize the **foods and drinks** that unfortunately stain a common and essential dental appliance — **dentures**. Therefore, this month **their Sacramento dentists** are helping people learn how to clean their dentures to help prevent such stains in the first place. A little daily attention to these important personal tools can make all the difference in preserving the bright smile they give to their wearers.

Do Not Use Toothpaste

While toothpaste is great for cleaning teeth, it also contains abrasives that wear away dentures. (Tooth enamel replaces the minor amounts of loss caused by brushing away stains and plaque on your teeth.) So instead of using toothpaste to clean dentures, try the following substances:

- The **American Dental Association** has approved many different denture cleansers. Look for those that feature the ADA Seal of Acceptance. Always remove your dentures to use these cleaners.
- Soap and dishwashing liquid can be used to clean dentures, but make sure to rinse very well afterwards. Never use abrasive cleaners that you might use to clean your sink or toilet.
- Brush dentures with a specialized denture brush or a soft-bristled toothbrush. Hard bristles or similar instruments will scratch the denture, leading to discomfort.

After cleaning dentures, if they are not going to be worn they should be kept moist in water or soaking solutions designed for dentures.

Getting Help With Dentures

The Sacramento Dentistry Group is able to help denture wearers in many ways, either by maintaining and repairing the dentures, resizing dentures or **installing dental implants** to make “snap-in” or “snap-on” dentures with a firm foundation in the jawbone. For more information about these offerings, contact them at their downtown Sacramento office on 1105 E Street, via their website at sacramentodentistry.com or by calling 916-538-6900.