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### Resilient Lined Denture (Soft liner) Cleaning Instructions

Resilient liners are placed into dentures for patients who cannot tolerate the pressure of hard acrylic against their gums; typically, these are done in lower dentures.

Resilient liners have some downsides including less accurate fit, increased bacterial/fungal growth, short life expectancy (1-2 years typically), and difficulty in cleaning.

These liners are not to be cleaned daily with harsh cleaners such as Polident, Efferdent or NuDent.

#### Cleaning

You should clean your denture daily! We recommend using a denture brush and liquid hand soap or baking soda. Hold your dentures with two fingers over a sink full of water; if the denture falls it will hopefully splash in the water rather than hit the sink which could cause the denture or denture teeth to break. **Do not** hold the denture in the palm of your hand because if it slips, natural instinct will be to squeeze your hand which could break the denture. For partial dentures, squeezing them will bend the framework and it will then no longer fit.

If you have a build-up of plaque, a scale like build-up, or staining on the denture that daily cleaning doesn't remove, you can **occasionally** use chemical cleaners for a deep cleaning. For deep cleaning, we recommend Nu-Dent denture cleaner, which is a powerful denture cleaner available at our office.

For the deep cleaning, soak your denture in 1/2 cup of warm water with 1/3 capful of Nu-Dent, **for 10 minutes only**. Rinse your denture thoroughly after soaking as the cleaner is very strong and may irritate your gums and tongue if you don't rinse it off well.

**Do not** soak your denture in denture cleaners overnight, as this can damage the liner and will also most likely lead to irritation in your mouth when wearing your denture(s).

Use of chemical cleaners can decrease the life expectancy of your resilient liner.

**If you have any other questions regarding your new resilient liner in your denture, please call us!**