Denture Care and Maintenance Guide | Core Dental

Canonical: https://www.coredental.com.au/maintenance-involved-dentures/

Details:

Looking after dentures involves everyday care and long-term care. Every day, remove your dentures before bed to let your gums rest, clean them gently with a denture brush or soft toothbrush and non-abrasive toothpaste, and store them in clean water. Over the long term, dentures wear down and may need relines, repairs or replacement. At Core Dental, our team can check the fit of your dentures and explain what maintenance suits you. Good care also helps you avoid untimely repairs.

Why is maintaining dentures important?

Maintaining dentures matters for oral hygiene, and it is also a safeguard against the possible need for untimely denture repairs. Dentures that are cleaned well and checked regularly are less likely to harbour bacteria, stain or develop problems that could have been picked up early. Your gums and any remaining natural teeth also need regular attention, so keep attending check-ups even if you have a full set of dentures.

What are the two main types of denture maintenance?

The two main types of denture maintenance are everyday maintenance and long-term maintenance.

Everyday maintenance is the cleaning and storage routine you follow at home.

Long-term maintenance is the professional care that keeps your dentures fitting and functioning as your mouth changes over the years.

What is a good daily cleaning routine for dentures?

A daily routine commonly includes the following steps.

Remove your dentures before bed every night to let your gums rest.

Clean them with non-abrasive toothpaste and a denture brush or soft toothbrush.

Use light brushing motions rather than scrubbing, which may help prevent erosion over time.

Store them overnight in a denture bath, fully submerged in clean water.

If you are unsure about a product or technique, ask us at your next visit and we can show you what to do.

How often should I use a denture cleanser or cleaning tablet?

A denture cleanser or cleaning tablet is commonly added to the storage water every one to two days to help kill bacteria. Follow the instructions on the packet, and rinse your dentures well before putting them back in your mouth.

Can dentures be cleaned in boiling water?

No. Dentures should not be placed in boiling water, because heat may cause permanent distortion of the acrylic material. Use clean cool or lukewarm water instead.

What long-term maintenance do dentures need?

Over time all dentures wear down, and this can affect your speech, appearance and chewing ability. General dental guidance suggests that a denture reline is often needed about every two years and that a new set is commonly made every six to eight years, although the right timing depends on you. It is a good idea to have your dentures assessed by a dentist or denture specialist for both of these treatments.

A reline is needed when only the fit has to be improved, usually because your gums have shrunk, which is a natural part of ageing. A reline can also replace an old, cracked acrylic base with new acrylic. It does not change the appearance or the bite of your appliance.

When should I see a dentist about my dentures?

Contact us if your dentures feel loose, rub or cause sores, if they crack or chip, if you notice changes in your speech or chewing, or if your gums look red or swollen. Please do not try to repair a denture yourself with household glue, as this can damage it and may make a professional repair harder. Our dentists can assess whether a reline, repair or replacement may be suitable. You can learn more about our denture services .

How should I plan my care and prepare for a consultation?

A useful first step is to explain your concern, symptoms, timing and goals when booking. Bring relevant medical information and a current medicines list. Your dentist can assess your teeth, gums, bite and surrounding tissues, request imaging when clinically appropriate, and explain which options are suitable.

Treatment time, fees, recovery and maintenance vary with the diagnosis and the complexity of care. A written treatment plan can help you compare stages, expected appointments and payment arrangements before you proceed. Fees and finance terms can change, so confirm the current written terms, what a quoted figure includes and any health fund rebate before booking or paying.

Call 000 immediately for uncontrollable bleeding, breathing or swallowing difficulty, serious facial injury or other life-threatening symptoms. For severe tooth pain or swelling without these signs, contact us promptly.

Why do denture wearers still need examinations?

If you have no natural teeth left, it is reasonable to wonder what a dentist is still examining. The answer is the part of the mouth most people forget about.

A dental examination is not only a check of teeth. A Cochrane systematic review on recall intervals records the recommendation that "an examination for oral cancer, including a thorough medical and social history and a systematic examination of the oral mucosa, should form an integral part of all routine dental examinations."

"All routine dental examinations" includes yours. The oral mucosa — the soft tissue lining the mouth — is still there whether or not your own teeth are, and a denture sits directly against it. A full or partial

denture also makes some of that tissue harder to see without the denture out, which is a reason for a professional look rather than a reason to skip one.

The same review makes the general case against a single universal interval for everyone. It notes that patients have traditionally been encouraged to attend at six-month intervals "irrespective of their risk of developing dental disease", and that "there is, however, a weak evidence-base underpinning this recommendation." What it supports instead is an interval set for the individual, quoting the guidance that the interval "should be determined specifically for each patient and tailored to meet his or her needs, on the basis of an assessment of disease levels and risk of or from dental disease."

Two notes on how far that evidence reaches. The trial behind the review was conducted in UK general dental practice and enrolled adults aged 18 and over, so it is not Australian guidance. And nothing here should be read as advice to attend less often: the review is equally clear that longer intervals "may also compromise oral health by reducing the frequency of the delivery of preventive advice and delaying the diagnosis of dental disease, thereby resulting in more extensive and costly care." The right interval for you is a clinical judgement for your own dentist.

Source: Cochrane Database of Systematic Reviews, Recall intervals for oral health in primary care patients, pmc.ncbi.nlm.nih.gov (accessed 3 November 2026).

Who looks after dentures, and what governs what they can do?

Denture care may involve more than one kind of practitioner, and the rule deciding who does what is the same for all of them.

The Dental Board of Australia's scope of practice registration standard applies to "all registered dental practitioners except those with student or non-practising registration", and requires that "dental practitioners must only perform dental treatment: a. for which they have been educated and trained, and b. in which they are competent."

Dental hygienists, dental therapists and oral health therapists are divisions of dental practitioner in their own right, and the Board confirms they "must adhere to the same Scope of practice registration standard as all other divisions of dental practitioners." Their titles are protected — "you can only use the protected title of dental hygienist if you are registered in that division" — and a practitioner may hold registration in more than one division.

The detail worth carrying away is about variation between individuals rather than between job titles. The Board states that scope "depends on your education, qualifications, training, experience, and competence", and therefore that "even within a division, your scope may vary from another practitioner's. You should not rely on your scope being the same as a colleagues, as your training, experience and competence may be different from theirs."

So the useful question when you book a denture appointment is what the particular clinician does and has done, not what category they fall into. If you are unsure who will be seeing you and what they will be able to do on the day — adjust, reline, remake, or assess and refer — asking in advance saves a wasted visit.

Sources: Dental Board of Australia, Scope of practice registration standard, dentalboard.gov.au (effective 1 July 2020); Dental Board of Australia, Dental hygienist, dental therapist and oral health therapist, dentalboard.gov.au (page reviewed 18 March 2025). Both accessed 3 November 2026.

Frequently asked questions

Should I wear my dentures overnight?

Most guidance is to take dentures out before bed so your gums can rest, then store them in clean water. If you have been advised to do otherwise, follow your dentist's instructions and ask us if you are unsure.

Can I use regular toothpaste on my dentures?

Non-abrasive toothpaste is generally suggested because harsher products can scratch or wear the denture surface over time. Ask your dentist to recommend a suitable denture brush and cleaning product for you.

What is a denture reline?

A reline improves the fit of a denture, usually because your gums have shrunk over time. It can also replace an old, cracked acrylic base. It does not change how the denture looks or how your teeth meet.

How long do dentures last?

It varies from person to person. Dentures wear down with use, and gum changes affect fit. A common guide is a new set every six to eight years, but your dentist can advise on the right timing for you.

Do I still need check-ups if I wear dentures?

Yes. Regular check-ups let your dentist look at the fit of your dentures, your gums and your oral health, and pick up small problems before they become bigger ones.

If I have no natural teeth, what is the dentist examining?

The soft tissue, among other things. A Cochrane review on recall intervals records the recommendation that an examination for oral cancer — including a thorough medical and social history and a systematic examination of the oral mucosa — should form an integral part of all routine dental examinations. A denture sits directly against that tissue and can make part of it harder to see without the denture out.

Is six months the right interval for a denture wearer?

That is for your dentist to judge. The Cochrane review states that patients have traditionally been encouraged to attend at six-month intervals irrespective of their risk, and that there is a weak evidence-base underpinning that recommendation; it supports an interval set for the individual on an assessment of disease levels and risk. The evidence is from UK general dental practice and covered adults only, and the review also warns that longer intervals can delay diagnosis.

Will the same person always do my denture work?

Not necessarily, and what they can do on the day varies. The Dental Board states that scope of practice depends on education, qualifications, training, experience and competence, and that even within a division one practitioner's scope may differ from another's. Asking in advance who you will see and what they will be able to do — adjust, reline, remake, or assess and refer — can save a wasted visit.

Are hygienists and oral health therapists bound by the same rules?

Yes. The Board treats dental hygienists, dental therapists and oral health therapists as divisions of dental practitioner, and states they must adhere to the same scope of practice registration standard as all other divisions. Their titles are protected, so the title of dental hygienist can only be used by someone registered in that division.

Related services and further reading

Dentures

Implant-retained dentures

Dental bridges

Dental implants

Dentures or implants for seniors

Permanent denture options: pros and cons

Dental check-up

Understanding your treatment

How can we help?

If your dentures feel loose or need a check, our team can help at any of our nine Core Dental practices. Call 13 13 16 or book online, and we will arrange a time for your dentist to look at your dentures and discuss your options. You can also read what to expect at your first Core Dental appointment .

Core Dental at a glance

Nine Core Dental clinics across Melbourne: Southbank, South Melbourne, Caroline Springs, Carrum Downs, Epping, Wyndham, Berwick, Bayside and Glenferrie.

Open six days a week: Monday to Friday 8.00am to 6.00pm and Saturday mornings.

We quote before treatment starts and offer interest-free payment plans, with HICAPS on-site claiming.

Call 13 13 16 or book online.

Contact Core Dental

Phone	13 13 16
Booking	Online via coredental.com.au, or call 13 13 16
Hours	Monday to Friday 8.00am to 6.00pm, Saturday mornings, Sunday closed
Clinics	Southbank, South Melbourne, Caroline Springs, Carrum Downs, Epping, Wyndham, Berwick, Bayside, Glenferrie

This article is general in nature and does not replace advice from a registered dental practitioner who has examined you. Results, recovery times and potential risks vary for each individual. This information is intended for people over 18. Seek advice from a qualified, AHPRA-registered practitioner before proceeding.

How should I clean my dentures every day?

Remove dentures before bed, clean them lightly with non-abrasive toothpaste and a denture brush or soft toothbrush, and store them in clean water. Core Dental dentists can show you a suitable routine at your appointment.

Why shouldn't dentures be put in boiling water?

Boiling water may permanently distort the acrylic in dentures, so they may no longer fit properly. Core Dental advises using clean cool or lukewarm water to clean and store dentures.

How often should a cleaning tablet be added to denture water?

A denture cleanser or tablet is commonly added to the storage water every one to two days to help kill bacteria. Core Dental recommends following the product instructions and asking your dentist if unsure.

What is the difference between everyday and long-term denture care?

Everyday care is the cleaning and storage you do at home. Long-term care is professional upkeep such as relines, repairs and replacement as dentures wear. Core Dental can check both at your appointments.

When might dentures need a reline?

A reline is needed when the fit has loosened, usually because the gums have shrunk with age. Core Dental dentists can assess whether a reline, repair or new set may suit you.

Does a reline change how dentures look?

No. A reline improves the fit and can replace a worn or cracked acrylic base, but it does not change the appearance or bite of the denture. Core Dental dentists can explain what to expect.

Where can I get my dentures checked at Core Dental?

Core Dental has nine clinics across Melbourne, open Monday to Friday 8.00am to 6.00pm and Saturday mornings. Call 13 13 16 or book online to arrange a denture check.

Does Core Dental offer payment plans for denture treatment?

We offer interest-free payment plans and HICAPS on-site claiming, and we quote before treatment starts. Confirm current terms, inclusions and any health fund rebate with our team before booking.