

## Do you have questions?

Call our 24-hour Nurse Advice Line.  
We are here to help you.



**English:**

**(888) 275-8750**

**Español:**

**(866) 648-3537**

**TTY/TDD:**

**711**

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Member ID card.



# Dentures

## Dental Care

# Make sure to practice good oral hygiene.

If you have trouble with your dentures, contact your dentist!

## What are **dentures**?

Dentures replace missing teeth and tissue.

## Do your dentures **fit correctly**?

Your dentures should fit well when you chew and talk. Dentures that don't fit well can irritate your gums and cause sores. If your dentures don't fit well, call your dentist and make an appointment.

## How should you **care for your dentures**?

Remove your dentures to clean them. After you eat, rinse your dentures with water and brush them with a soft toothbrush. Use a separate toothbrush for your dentures and real teeth. Brush your dentures with dentures paste to prevent plaque and stains. Soak your dentures in a mixture of 1 part white vinegar and 2 parts cold water overnight.



## Do I need to eat special foods **with my dentures**?

Foods to eat:

- Eggs
- Cheese
- Chopped meat
- Cooked vegetables

Foods to avoid:

- Drinks with caffeine, like coffee and tea
- Popcorn
- Chewy candy
- Tough steak
- Foods that can get stuck between the denture and your gums, like seeds