



A Survey of Knowledge, Attitude and Awareness regarding the denture hygiene and modes of maintaining prosthesis among complete denture wearers in the dental institute

Dr Reecha Gupta¹, Dr Shagun Acharya², Dr Nitin Gautam³, Dr Monica Kotwal⁴, Dr Payal Parihar⁵

¹Professor and Head, Postgraduate Department of Prosthodontics, Indira Gandhi govt .dental college, Amphalla ,Jammu (J&k)

²Postgraduate student, Postgraduate Department of Prosthodontics, Indira Gandhi govt .dental college, Amphalla ,Jammu(J&k)

³Associate Professor, Postgraduate Department of Prosthodontics , Indira Gandhi govt .dental college, Amphalla ,Jammu(J&k)

⁴Assistant Professor, Postgraduate Department of Prosthodontics , Indira Gandhi govt .dental college, Amphalla ,Jammu(J&k)

⁵Postgraduate student, Postgraduate Department of Prosthodontics , Indira Gandhi govt .dental college, Amphalla ,Jammu(J&k)

Corresponding author: Dr Reecha Gupta, Professor and Head, Department of Prosthodontics, IGGDC ,Jammu (J&K)

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ABSTRACT:

Objective: The aim of this survey is to assess the knowledge , attitude and awareness regarding the denture hygiene practices and the prosthesis maintenance habits among completely edentulous patients.

Method:

Data was collected in the form of self-administered questionnaire, google forms, and face to face interviews with edentulous patients attending the OPD of the Department of Prosthodontics, IGGDC, Jammu. The study subjects were randomly selected by recruiting old denture wearers visiting the Department for a recall visit or for new dentures on the daily basis for 6 months. These patients were personally approached by and the nature and the purpose of the study was explained. The subjects were asked not to reveal their identity. The study was approved by the Institutional Ethical Committee , IGGDC Jammu. Descriptive statistics included computation of frequencies and percentages. 264 Study subjects(sample size) was calculated on the basis of prevalence of cleaning dentures that is 52.8% with margin error 6%, type I error(alpha)=0.05 and type 2 error that is(beta=0.2)by using open Epi software.

Results: The results showed that a total of 264 subjects comprising the maximum subjects(41.7%) wearing dentures for not more than 6

months. Also, as per findings 48.5% of patients were seen wearing dentures while eating. 18.2% of patients (least) were seen never wearing their dentures while sleeping. 82.2% subjects were aware of the harmful effects of overnight denture wearing. 60.6% subjects told that they did not remove denture until they found it was hurting them or a bad smell related to dentures evoked them to

remove it and they wore it everyday. Brushing with a dentifrice was the method of choice by 48.1% of the subjects to clean their dentures as reported in a previous study. 73.5% subjects did not use mouthwash when were asked and 26.5% used mouthwash 1-2 times /day.

Conclusion: The majority of the denture wearers have limited knowledge of denture cleansing and oral hygiene practices. Hygiene habits and practices may not always present a positive correlation with the gender, and Education Level. Patients should be motivated and instructed by the dentists about denture cleansing methods, materials, and the harmful effects of overnight wearing and accumulation of microbial plaque and debris on the denture and mucosal surfaces.

Keywords: Denture hygiene, modes, prosthesis maintainence

INTRODUCTION

In accordance with the theme on world oral health day 2023, “Be Proud of your mouth”, we can say that many events emphasizing on oral hygiene, denture hygiene and its practices aim to raise awareness and knowledge among people.

Over the past few decades, the life expectancy in both developing and developed countries has increased. Correspondingly, the proportion of the elderly among the total population has also increased. There are 600 million

people aged 60 years and above, and this number will double by 2025. By the year 2050, there will be 2 billion people and 80% of them aged 60 years and above living in developing countries. Aligned with this increase, the oral health status of the elderly also has gained importance. Tooth loss in adult population increases with age as does the additive factors leading to this over time. For this reason, the rate of complete tooth loss is customarily the highest in the oldest age groups. Despite several efforts by dentists aimed at conservation of teeth, a considerable number of patients still lose their teeth to dental caries, periodontal diseases, tooth wear lesions, trauma, and tumors of the jaws. Care of dentures and the mucosal tissues of the edentulous mouth can be important for overall health, especially in older persons.

The number of individuals requiring dentures has increased with the aging population. Complete dentures are the most common treatment for total loss of teeth in a dental arch. Similarly, the most common teeth replacement for partial loss of tooth is removable partial denture. From the moment the edentulous patient is fitted with dentures, the important phase of oral and denture after-care begins. Clinical follow-up should include instructing patients on denture care as an important step in addition to other instructions like guidance regarding features of an ill-fitting denture, rebasing procedures, and the need for replacing dentures after some years. Regular oral and denture hygiene procedures play a major role in the maintenance of oral health and the long-term success of removable prosthodontic treatment. Rehabilitative treatment is successful only when patients are highly motivated toward the correct method of use and hygiene maintenance procedures. The quality of the denture fitting surface, occlusal relations, denture age, and hygiene are important factors contributing to the prevalence of oral mucosal lesions associated with denture use. Care of dentures and health of mucosal tissues of the edentulous mouth is very important for overall health, especially in the elderly. Surveys show that many patients fail to keep their dentures clean and continue using dirty dentures which may lead to systemic health issues and ultimately deteriorating oral health and overall quality of life. Negligence of clinicians in recalling their denture patients and reinforcing the denture hygiene methods may be one of the reason at times. Regular cleaning of dentures is recognized as an important part of oral hygiene for denture wearers. Dentures predispose the wearer to denture stomatitis, harbors many potential

pathogens, causing microorganisms. A number of studies have reported various methods employed by denture wearers to clean dentures. These methods range from the simplest method being brushing with water and toothpaste which is considered routine to complex methods, such as use of chemical solutions and tablets. Another study related awareness of denture cleaning to socioeconomic status and disease, while variations were also observed in gender, with women found to clean their dentures more than men. However, in general, a lack of knowledge was often found among all these patients, with a general understanding that "I should do something", but with methods being variable. Often, patients reported never having been instructed by their dentists as to how to clean their dentures. It is often noted that patients do not report to the dentist for reinforcement of denture cleansing instructions and the maintenance of their dentures at appropriate intervals. So, Awareness is the first step towards learning and educating the patient about the importance of maintaining denture hygiene. It should be emphasized from the very first step of fabricating a denture. Creating awareness and emphasizing its importance should be a part of any treatment planning. It is the responsibility of the dentist to recall and educate their patients periodically. The difference in oral hygiene habits and attitudes may be related to number of factors, such as education, gender, social status, or age. The success of oral health care of the elderly is determined by various factors, such as physical, mental, socioeconomic, and family background of the elderly, their chronic illnesses and drug treatment, and age-related disabilities. The mucosal surfaces of the residual ridges and the dorsal surface of tongue also should be brushed daily with a soft brush; denture cleansers may also be used. However, it has been observed that the majority of denture wearers do not pay necessary attention to the cleanliness. This may be due to decreasing manual abilities due to advanced age. Keeping in view, the importance of oral hygiene awareness among denture wearer patients, a study was placed to investigate the denture hygiene habits, knowledge, attitude and awareness about the hygiene practices among old age denture wearers.

MATERIALS AND METHOD

STUDY DESIGN AND SAMPLING

Cross sectional study was conducted in Jammu city of union territory of Jammu and Kashmir in the Department of Prosthodontics and Crown & Bridge. The study took place from December 2022 to May 2023 in which two hundred sixty four people participated. Ethical clearance was taken from the Institutional Ethics Committee, Indira Gandhi Government Dental college, Jammu.

INCLUSION CRITERIA

- o Both male and female subjects
- o Age between 50-80 years
- o Patients wearing complete dentures
- o Patients on followups

EXCLUSION CRITERIA

- o Dental practitioners
- o Dental assistants/hygienists

All elderly subjects fulfilling these inclusion criteria were asked to participate in the study.

DATA COLLECTION AND ANALYSIS

Data was collected in the form of self-administered questionnaire, google forms, and face to face interviews with trained interviewer so as to educate illiterate elderly participants attending the general opd of IGGDC, Jammu.

The study subjects were randomly selected by recruiting old dentures wearers visiting the Department of Prosthodontics for a recall visit or for new dentures on the odd dates of the month. These patients were personally approached by the investigators and the nature and the purpose of the study was explained. The subjects were asked not to reveal their identity. The institutional review committee approved the study. Descriptive statistics included computation of frequencies and percentages. 264 Study subjects(sample size) was calculated on the basis of prevalence of cleaning dentures that is 52.8% with margin error 6%, type I error(α)=0.05 and type 2 error that is(β =0.2)by using open Epi software. The data gathered from questionnaire was entered in MS EXCEL computer software and Data analysis was performed using Statistical Package for the Social Sciences version 21 for Windows. The shape of frequencies and percentages,the diagrams were constructed with the help of Microsoft excel software.

QUESTIONNAIRE

Q1 How long have you been wearing this complete denture?

- a)3-4months
b)6 months
c)more than 1 year
d)other

Q2 When do you wear your denture?

- a)Only during eating
b)all day except eating
c)all day + eating
d)day and night

Q3 Do you wear your denture while sleeping?

- a)often
b)sometimes
c)never

Q4 Are you aware of the harmful effects of overnight denture wearing?

- a)yes
b)no

Q5 Do you soak dentures overnight?

- a)yes
b)no

Q6 In what medium your soak dentures overnight?

- a)room temp water
b)hot water
c)cold water
d)lukewarm water

Q7 When do you remove your denture ?

- a)<1 day
b)3—4 days
c)5-6 days
d)1 week

Q8 Is bad smell in mouth a cause for removal of denture?

- a) Yes
b)No

Q9 Have you had any bad experience related to smell /halitosis with your dentures?

- a)yes
b)no

Q10 Where do you keep your denture after removal from oral cavity?

- a)wrap in cloth
- b)wrap in plastic bag
- c)immerse in plain water
- d)Leave it out in the open

Q11 Do you feel that your prosthesis restricts what you eat?

- a)yes
- b)no

Q12 Are there any habits of smoking and alcoholism?

- a)yes
- b)no

Q13 If yes, then are you aware of the harmful effects of smoking and alcoholism in relation to denture hygiene?

- a)yes
- b)no

Q14 Are you aware of the fact that if dentures are not cleaned properly, it can become a source of infection?

- a)yes
- b)no

Q15 Do you think it's necessary to clean your dentures on daily basis?

- a)yes
- b)no

Q16 By what method you clean your dentures?

- a)water
- b)Water & salt
- c)brush & toothpaste
- d)brush & soap solution

Q17 How often do you clean your denture ?

- a)once a day
- b)twice/day
- c)thrice/day
- d)none

Q18 Do you use any cleansing substance to help clean your prosthesis?

- a)yes
- b)no

Q19 Which cleansing substance you use to clean your denture?

- a)sodium hypochlorite
- b)dishwasher detergent
- c)soap
- d)others

Q20 Do you add some cleansing tablets to water for cleaning prosthesis?

- a)yes
- b)no

Q21 Do you remove dentures and clean them after eating??

- a)yes
- b)no

Q22 Are you aware of ultrasonic cleansing?

- a)yes
- b)no

Q23 Do you rinse your mouth with mouthwash?

a)yes

b)no

Q24 How often you rinse your mouth with mouthwash?

a)1-2 times/day

b)2-3 times/day

c)3-4times/day

d)others

Q25 Did you get any instructions regarding the denture cleansing from dentist?

a)yes

b)no

Q26 If not dentist from whom you got instructions about denture cleansing?

a)another denture wearer

b)dental assistant

c)prosthodontist

d)media (newspapers,tv)

Q27 Do you find it is essential to go to dentist for follow-ups after your denture insertion?

a)yes

b)no

Q28 When did you last visit your dentist for denture checkup?

a)<6months

b)6-12months

c)6-12months

d)never

Q29 Do you think it is important to know about the denture hygiene?

a)yes

b)no

Q30 Denture hygiene/oral hygiene is connected to medical health, are you aware of this fact?

a)yes

b)no

Q31 To what extent, care and maintenance of prosthesis can affect you overall health?

a)less

b)more

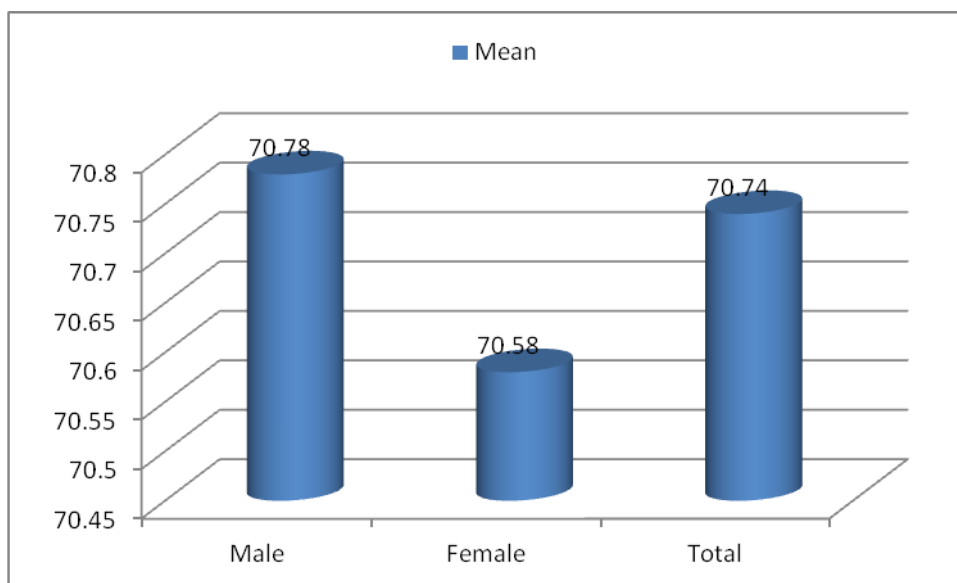
c)to a great extent

d)none

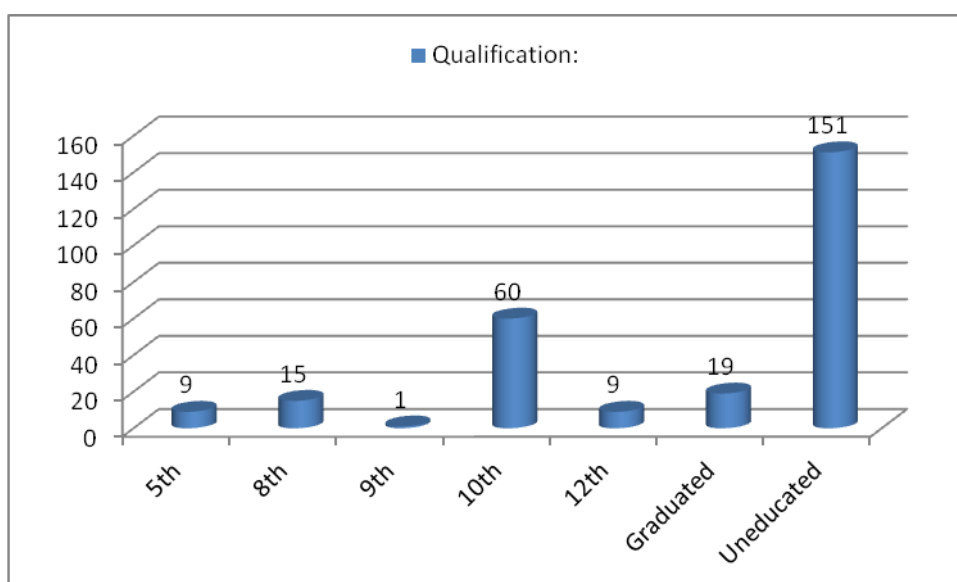
Q32 Anything that you want to say about the denture hygiene?

RESULTS

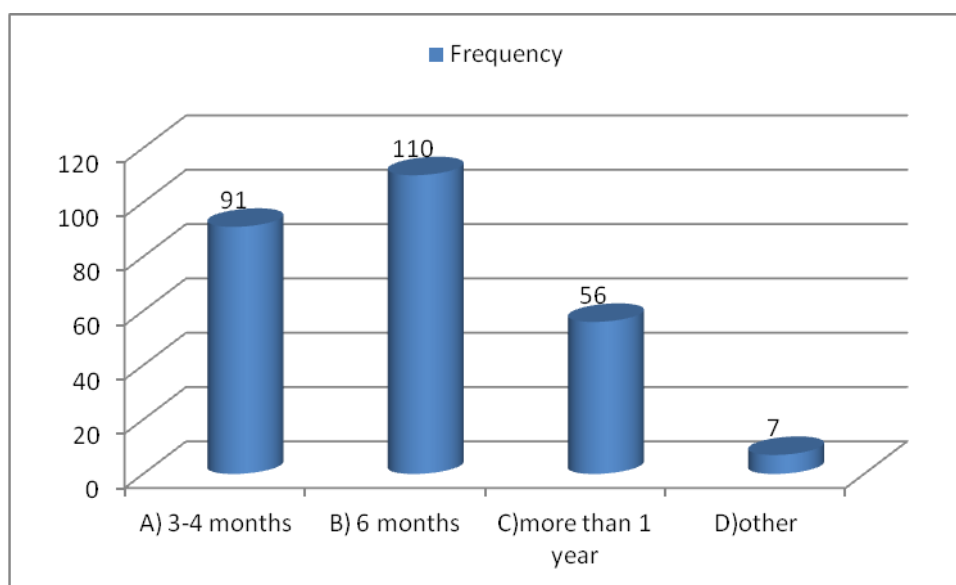
Gender						
	N	Minimum	Maximum	Mean	Std. Deviation	P-value
Male	164(62.1)	43	90	70.78	9.404	0.869
Female	100(37.9)	44	90	70.58	9.787	
Total	264(100)	43	90	70.74	9.525	



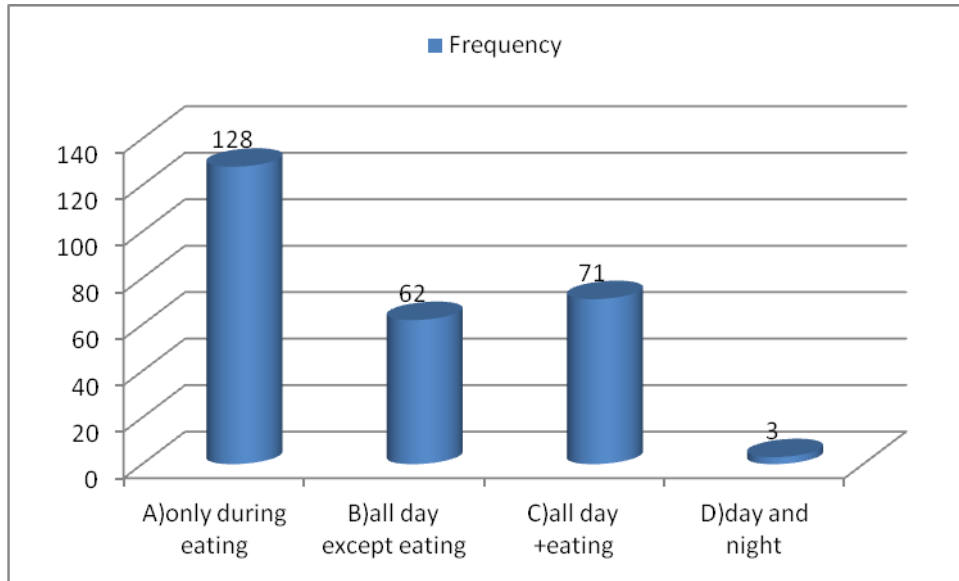
Qualification:		
	Frequency	Percent
5	9	3.4
8	15	5.7
9	1	0.4
10	60	22.7
12	9	3.4
Graduated	19	7.2
Uneducated	151	57.2
Total	264	100.0



Q 1 How long have you been wearing this complete denture ?		
	Frequency	Percent
A) 3-4 months	91	34.5
B) 6 months	110	41.7
C)more than 1 year	56	21.2
D)other	7	2.6
Total	264	100.0

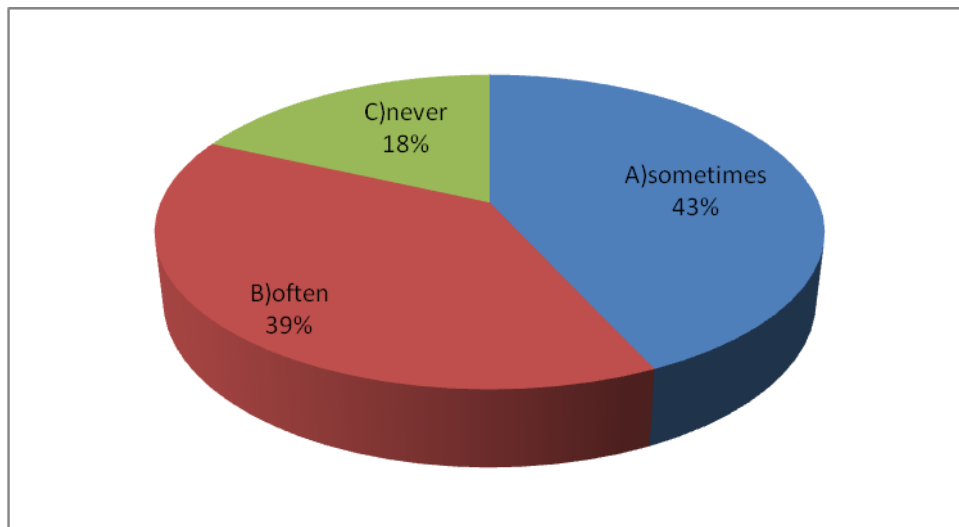


Q2 When do you wear your denture?		
	Frequency	Percent
A)only during eating	128	48.5
B)all day except eating	62	23.5
C)all day +eating	71	26.9
D)day and night	3	1.1
Total	264	100.0



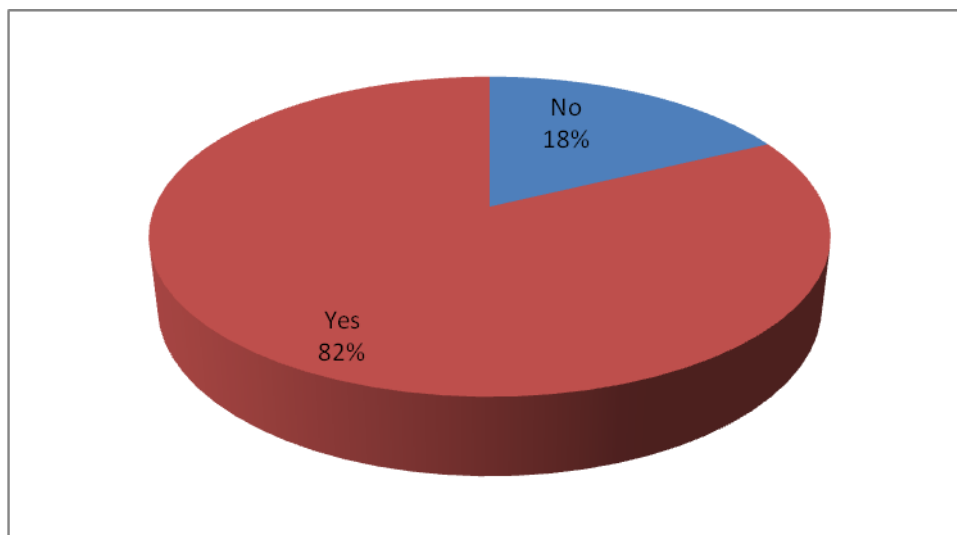
Q3 Do you wear your denture while sleeping?

	Frequency	Percent
B)sometimes	114	43.2
A)often	102	38.6
C)never	48	18.2
Total	264	100.0

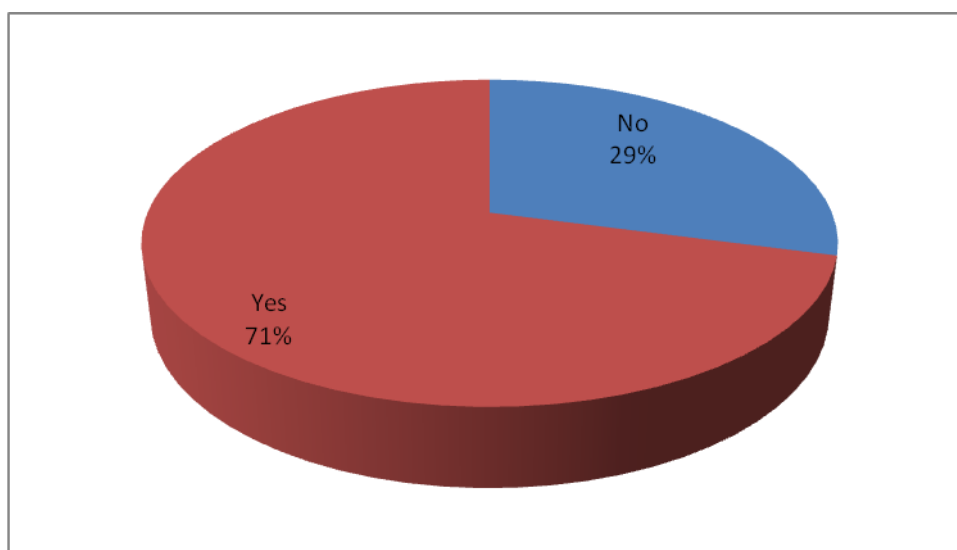


Q4 Are you aware of the harmful effects of overnight denture wearing?

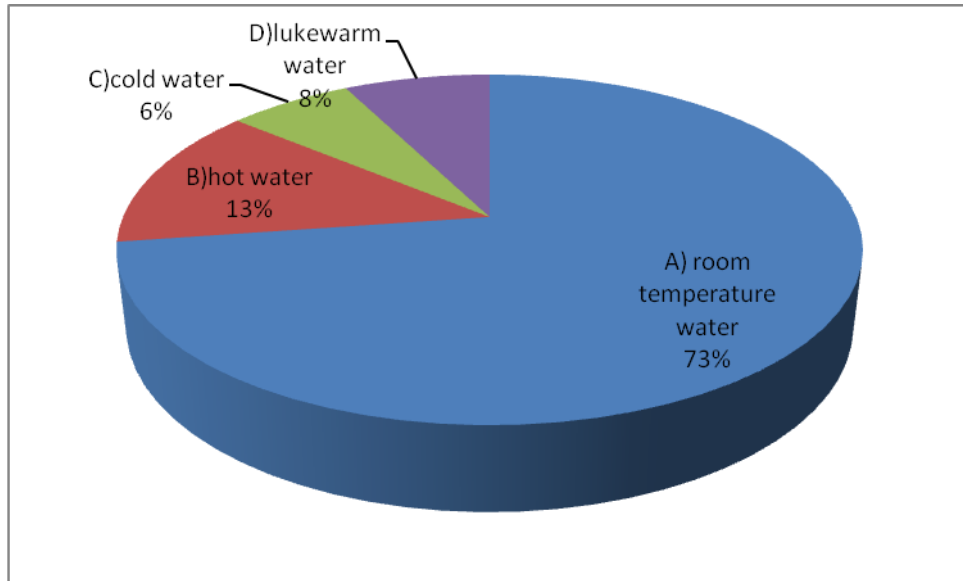
	Frequency	Percent
No	47	17.8
Yes	217	82.2
Total	264	100.0



Q5 Do you soak dentures overnight?		
	Frequency	Percent
No	77	29.2
Yes	187	70.8
Total	264	100.0

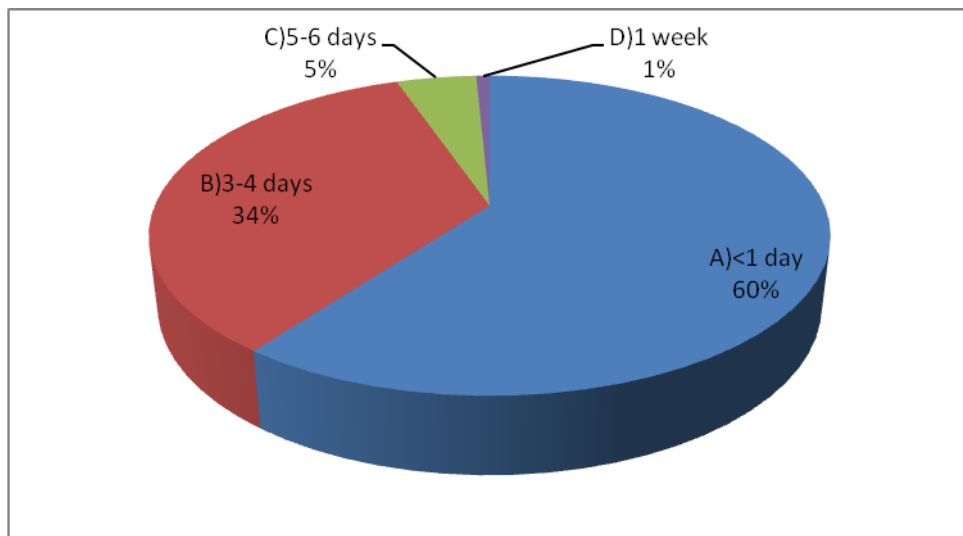


Q6 In what medium you soak dentures overnight?		
	Frequency	Percent
A) room temperature water	192	72.8
B)hot water	35	13.3
C)cold water	17	6.4
D)lukewarm water	20	7.6
Total	264	100.0



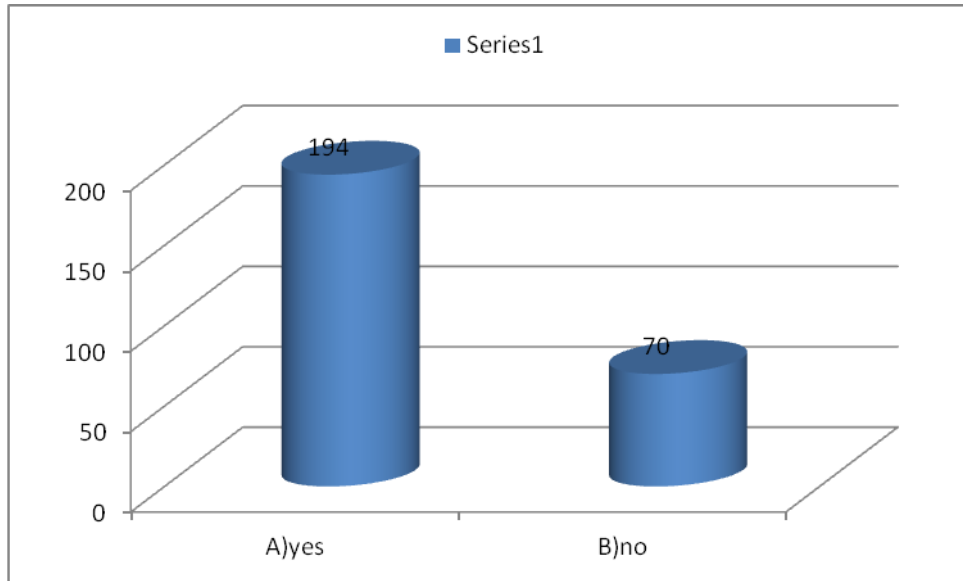
Q7 When do you remove your denture?

	Frequency	Percent
A)<1 day	160	60.6
B)3-4 days	91	34.5
C)5-6 days	12	4.5
D)1 week	1	.4
Total	264	100.0



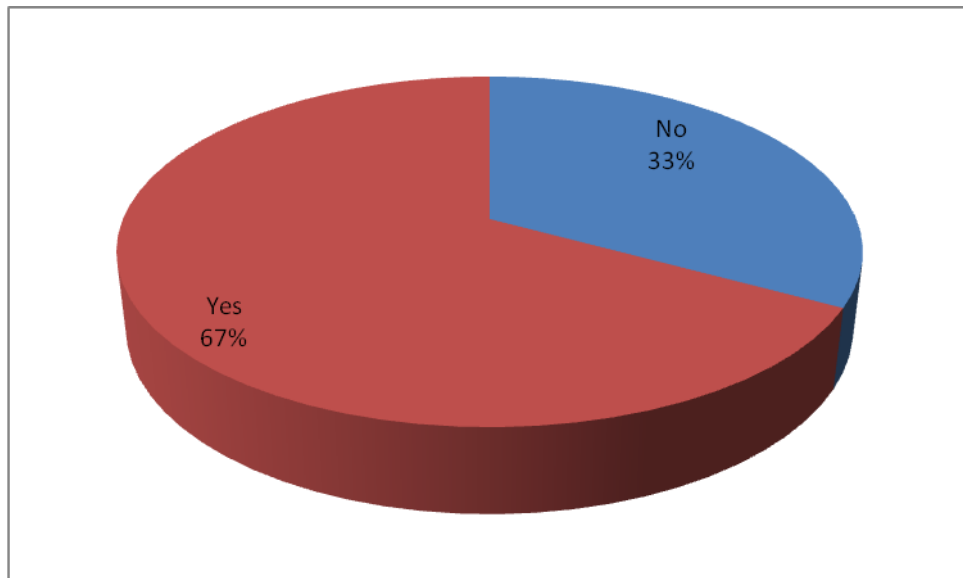
Q8 Is bad smell in mouth a cause for removal of denture?

	Frequency	Percent
A)yes	194	73.5
B)no	70	26.5
Total	264	100.0



Q9 Have you had any bad experience related to smell / halitosis with your dentures?

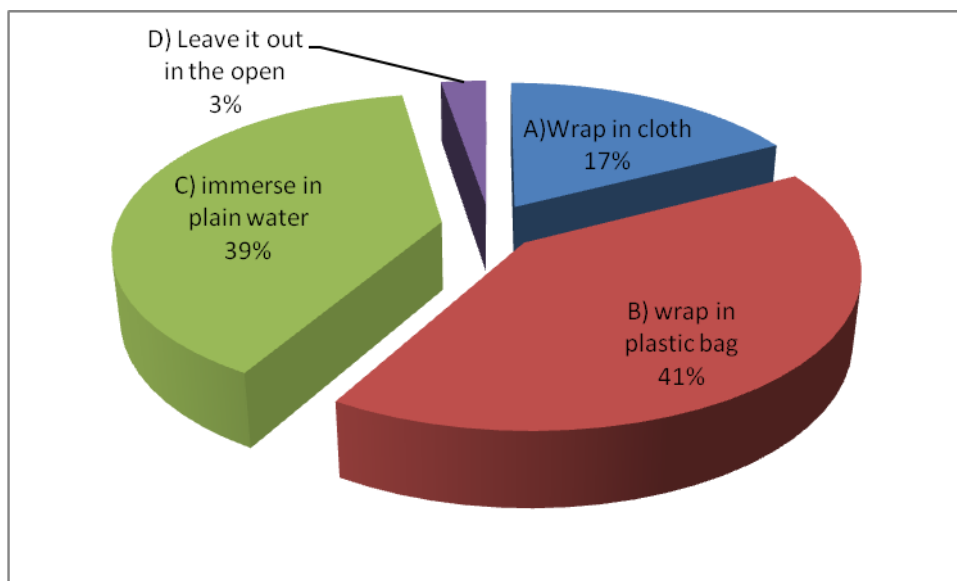
	Frequency	Percent
No	87	33.0
Yes	177	67.0
Total	264	100.0



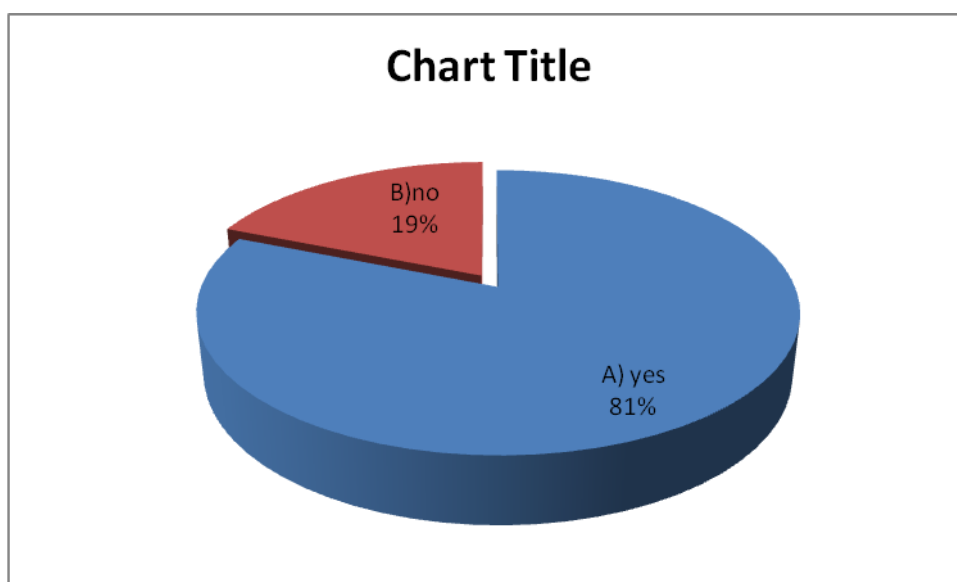
Q10 Where do you keep your denture after removal from oral cavity?

	Frequency	Percent
A)Wrap in cloth	46	17.4
B) wrap in plastic bag	108	40.9
C) immerse in	103	39.0

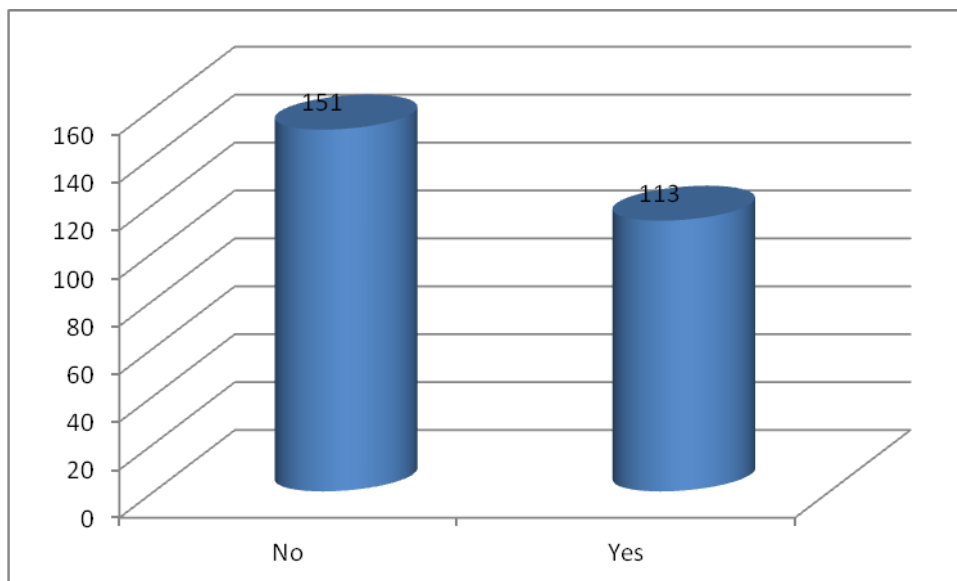
plain water		
D) Leave it out in the open	7	2.7
Total	264	100.0



Q11 Do you feel that your prosthesis restricts what you eat?		
	Frequency	Percent
A) yes	214	81.1
B)no	50	18.9
Total	264	100.0

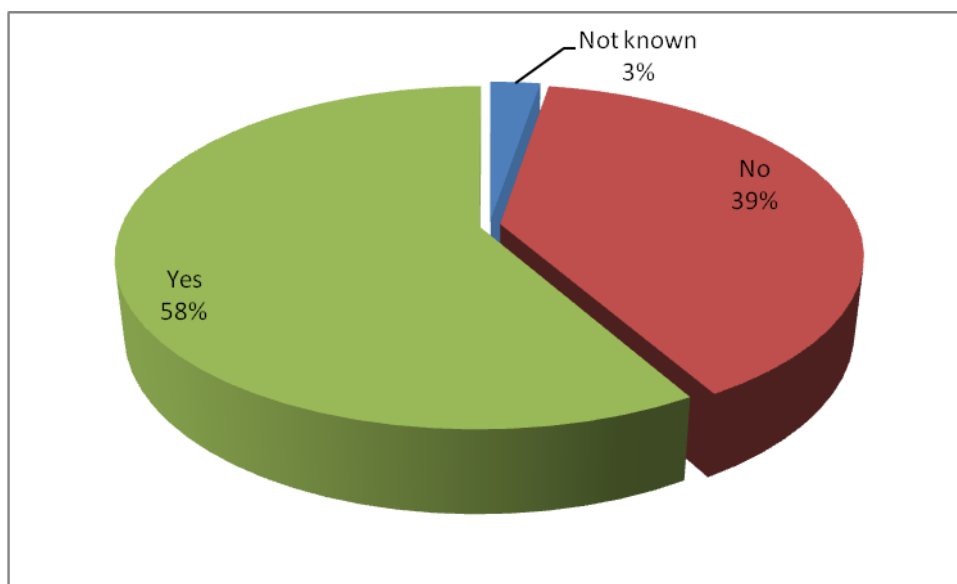


Q12 Are there any habits of smoking and alcoholism ?		
	Frequency	Percent
No	151	57.2
Yes	113	42.8
Total	264	100.0



Q13 If yes, then are you aware of the harmful effects of smoking and alcoholism in relation to denture hygiene?

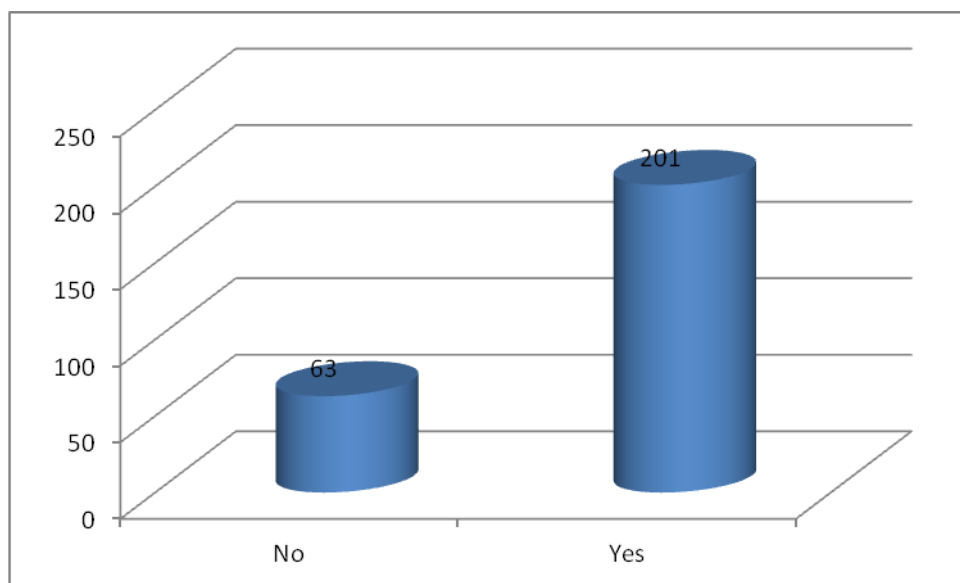
	Frequency	Percent
Not known	7	2.7
No	103	39.0
Yes	154	58.3
Total	264	100.0



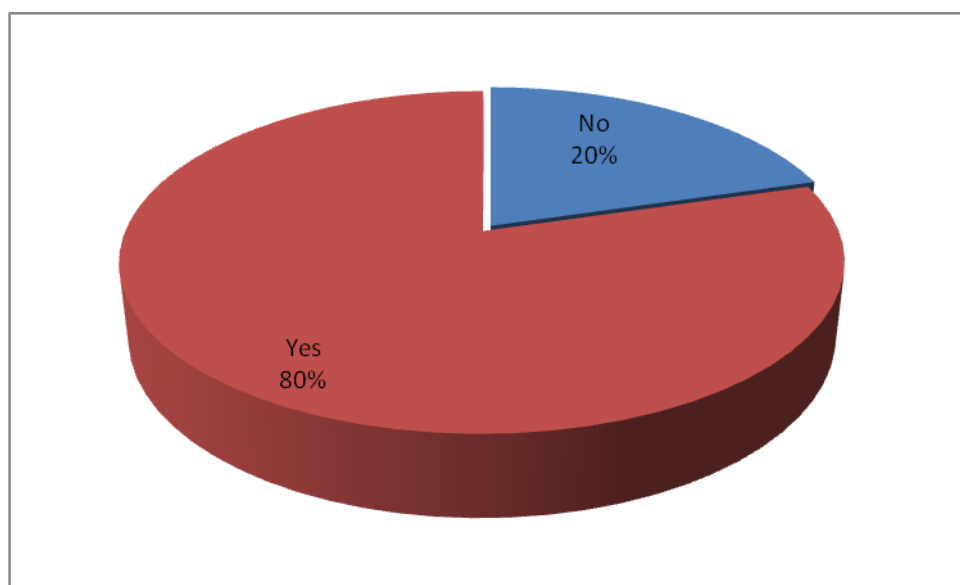
Q14 Are you aware of the fact that if dentures are not cleaned properly, it can become a source of infection ?

	Frequency	Percent
No	63	23.9

Yes	201	76.1
Total	264	100.0

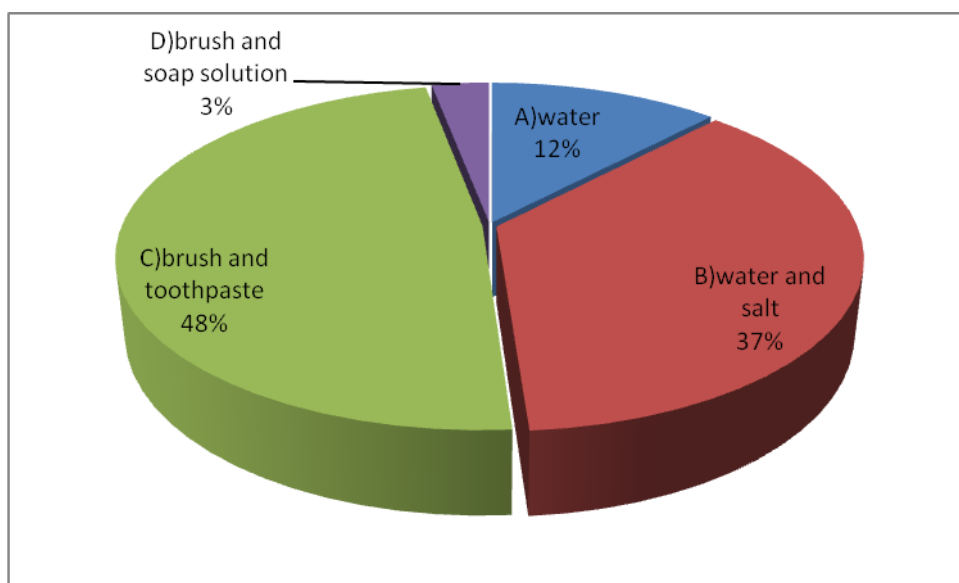


Q15 Do you think its necessary to clean your dentures on daily basis?		
	Frequency	Percent
No	53	20.1
Yes	211	79.9
Total	264	100.0

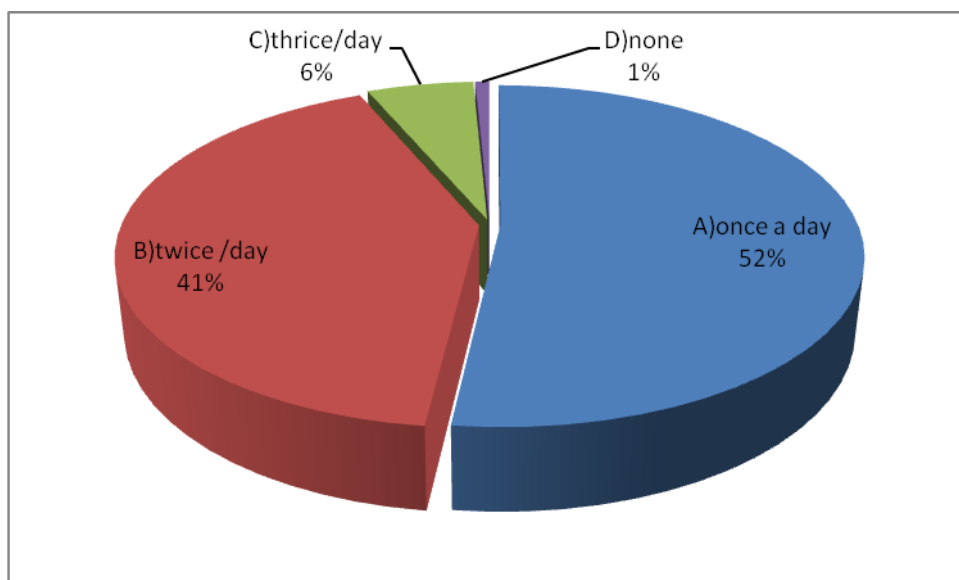


Q16 By what method you clean your dentures?		
	Frequency	Percent
A)water	32	12.1
B)water and salt	97	36.7
C)brush and toothpaste	127	48.1

D)brush and soap solution	8	3.0
Total	264	100.0

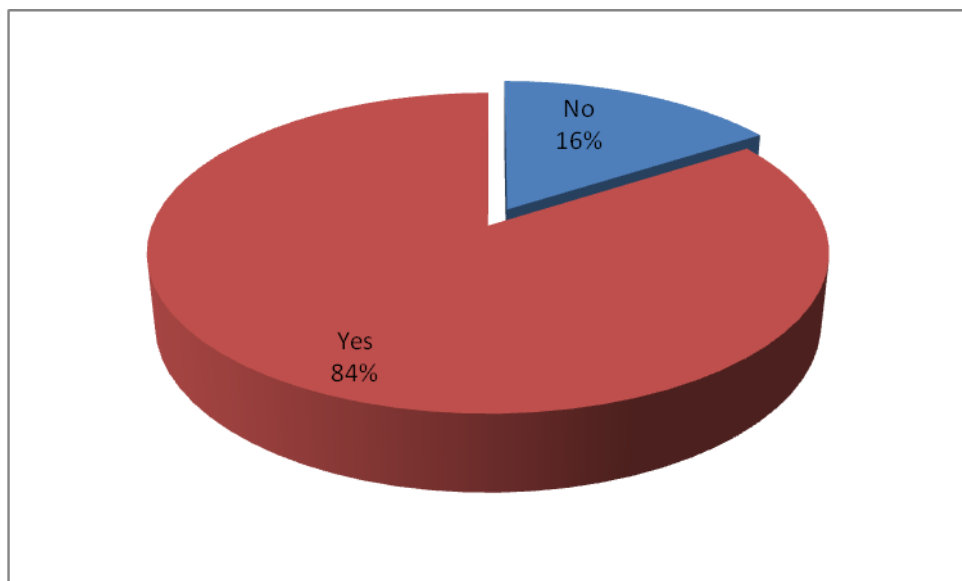


Q17 How often do you clean your denture?		
	Frequency	Percent
A)once a day	137	51.9
B)twice /day	110	41.7
C)thrice/day	15	5.7
D)none	2	0.8
Total	264	100.0



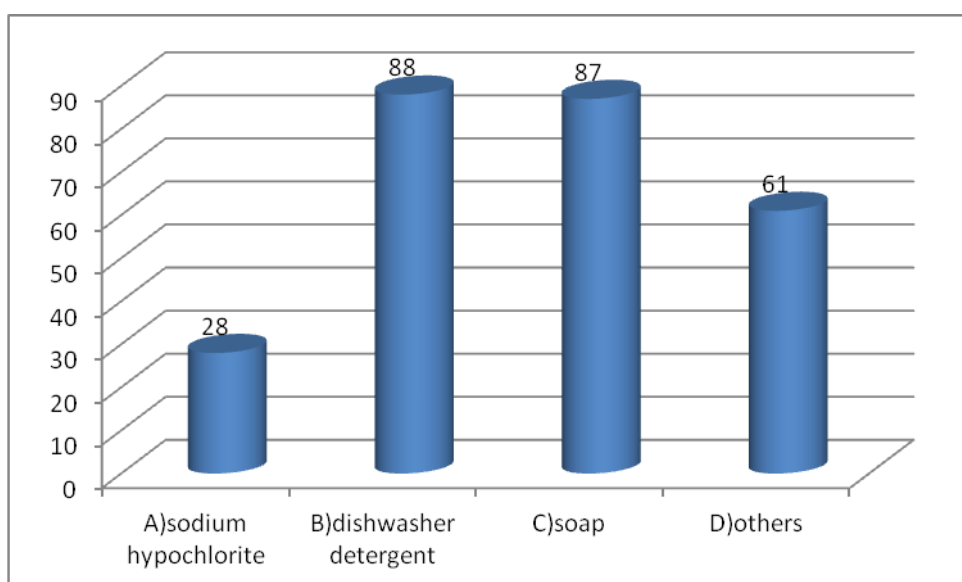
Q18 Do you use any cleansing substance to help clean your prosthesis ?		
	Frequency	Percent
No	42	15.9

Yes	222	84.1
Total	264	100.0



Q19 Which cleansing substance you use to clean your dentures?

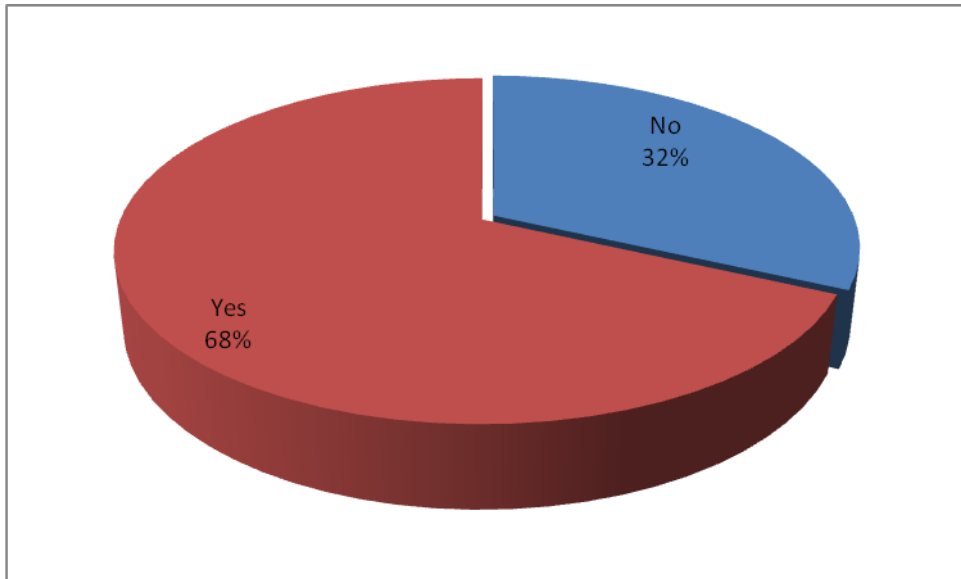
	Frequency	Percent
A)sodium hypochlorite	28	10.6
B)dishwasher detergent	88	33.3
C)soap	87	33.0
D)others	61	23.1
Total	264	100.0



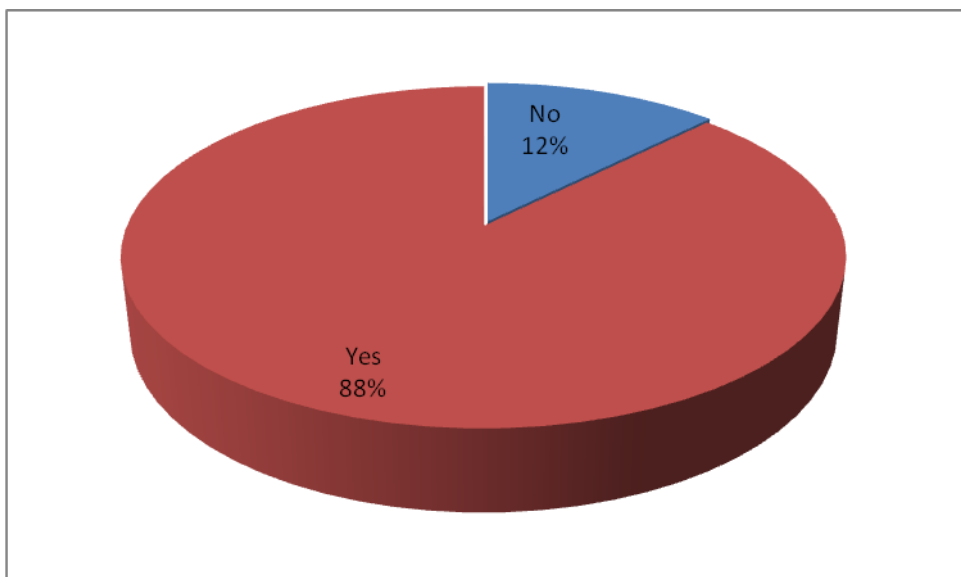
Q20 Do you add some cleansing tablets to water for cleaning prosthesis?

	Frequency	Percent
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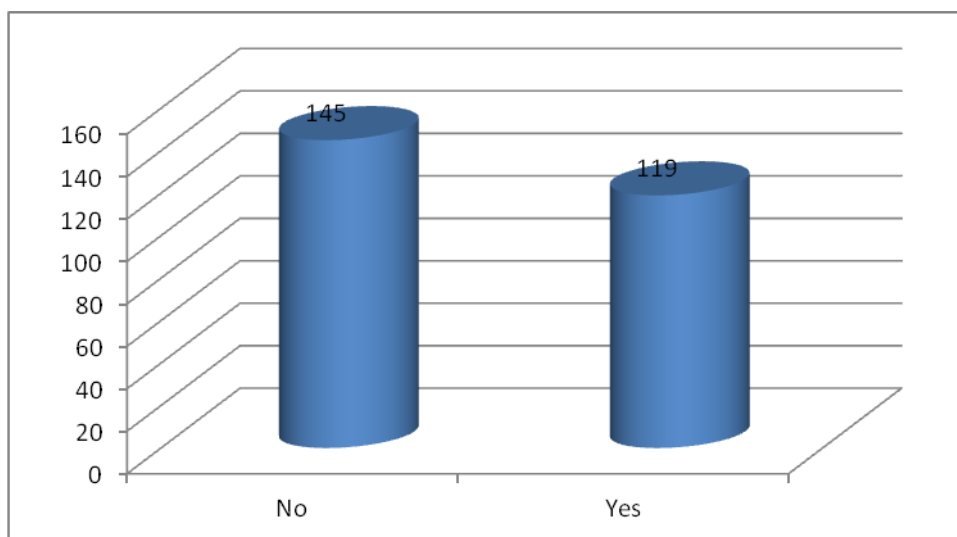
No	74	31.8
Yes	180	68.2
Total	264	100.0



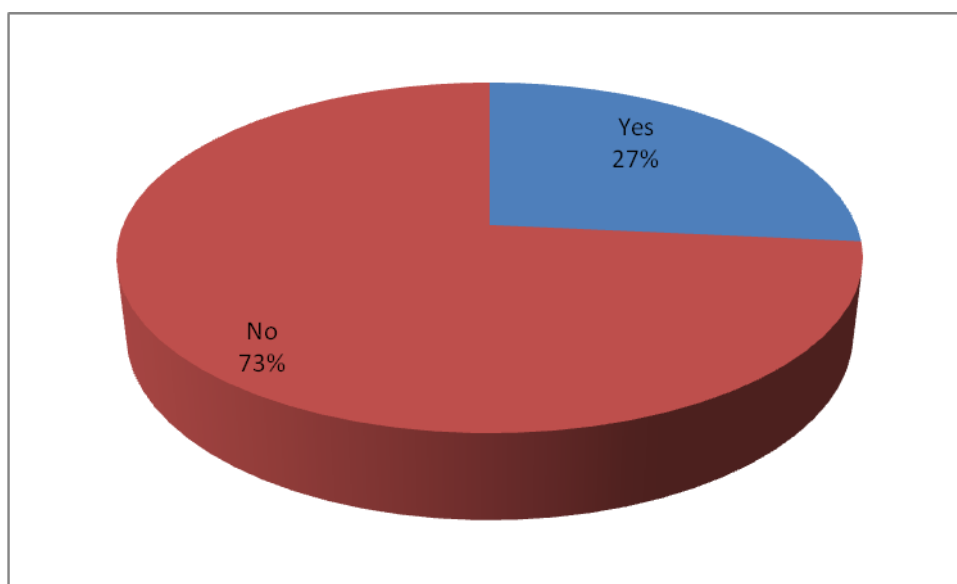
Q21 Do you remove dentures and clean them after eating?		
	Frequency	Percent
No	33	12.5
Yes	231	87.5
Total	264	100.0



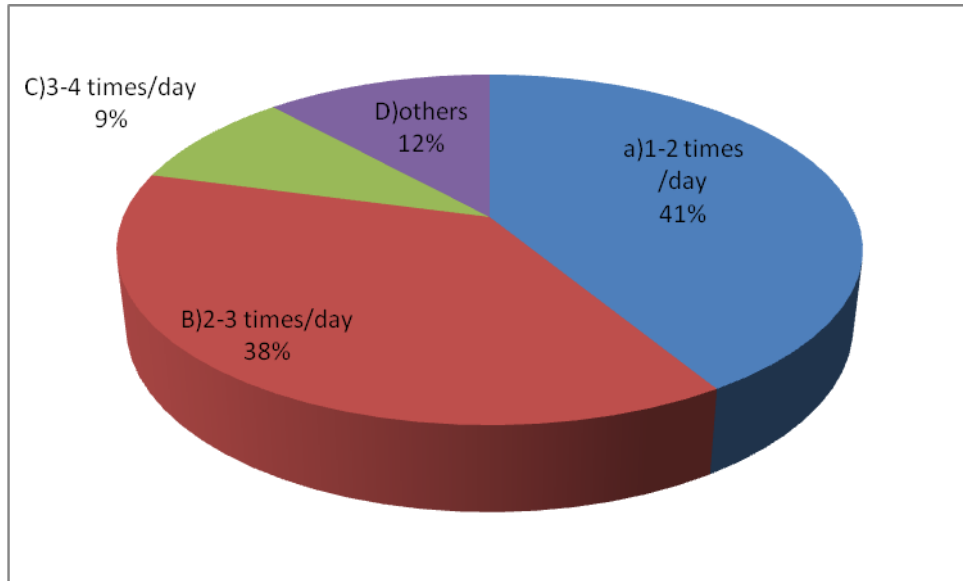
Q22 Are you aware of ultrasonic cleansing?		
	Frequency	Percent
No	145	54.9
Yes	119	45.1
Total	264	100.0



Q23 Do you rinse your mouth with mouthwash?		
	Frequency	Percent
Yes	70	26.5
No	194	73.5
Total	264	100.0

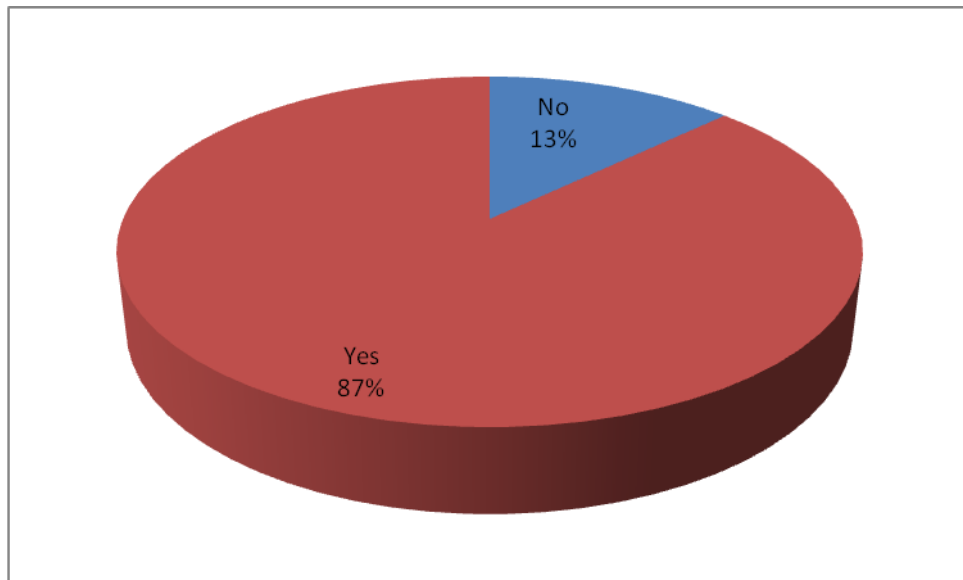


Q24 How often you rinse your mouth with mouthwash?		
	Frequency	Percent
a)1-2 times /day	109	41.3
B)2-3 times/day	100	37.9
C)3-4 times/day	24	9.1
D)others	31	11.7
Total	264	100.0



Q25 Did you get any instructions regarding the denture cleansing from dentist?

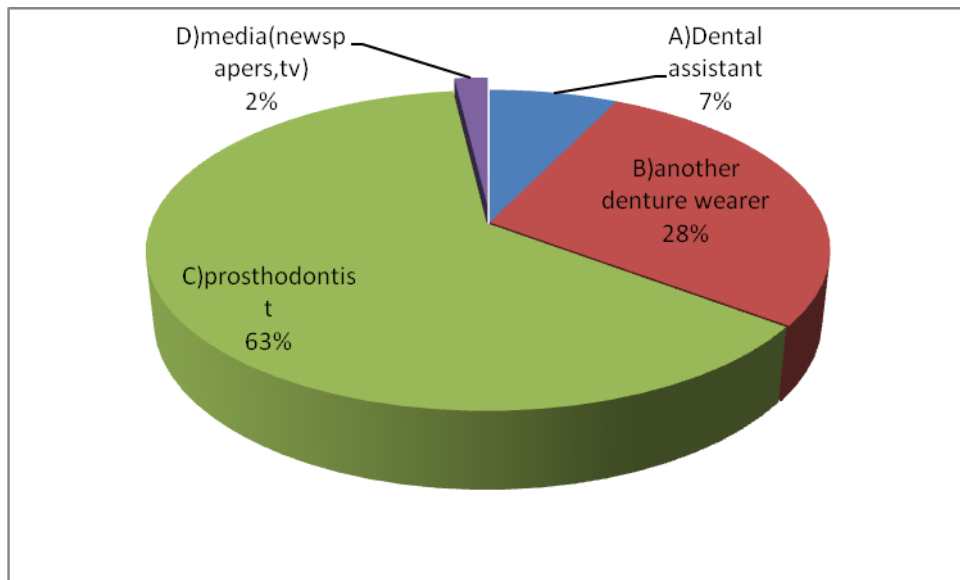
	Frequency	Percent
No	34	12.9
Yes	230	87.1
Total	264	100.0



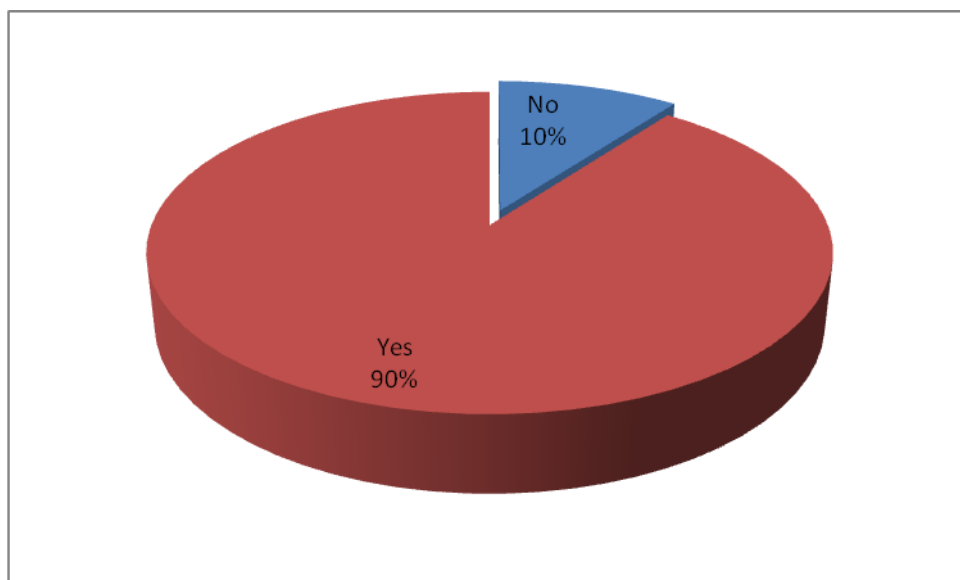
Q26 If not dentist, from whom you got instructions about denture cleansing?

	Frequency	Percent
A) Dental assistant	19	7.2
B) another denture wearer	74	28
C) prosthodontist	166	62.9

D)media(newspapers,tv)	5	1.9
Total	264	100.0

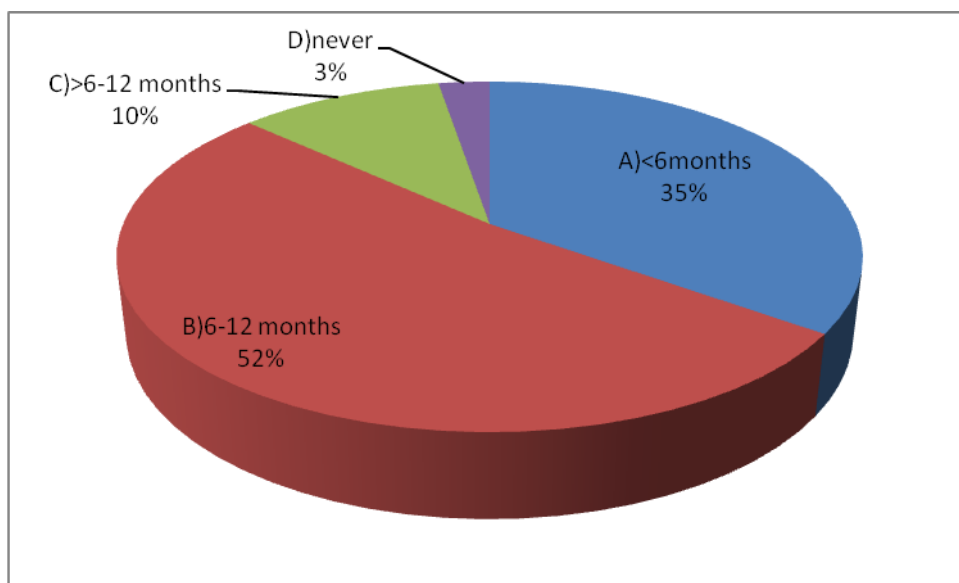


Q27 Do you find it essential to go to dentist for follow ups after your denture insertion?		
	Frequency	Percent
No	27	10.2
Yes	237	89.8
Total	264	100.0

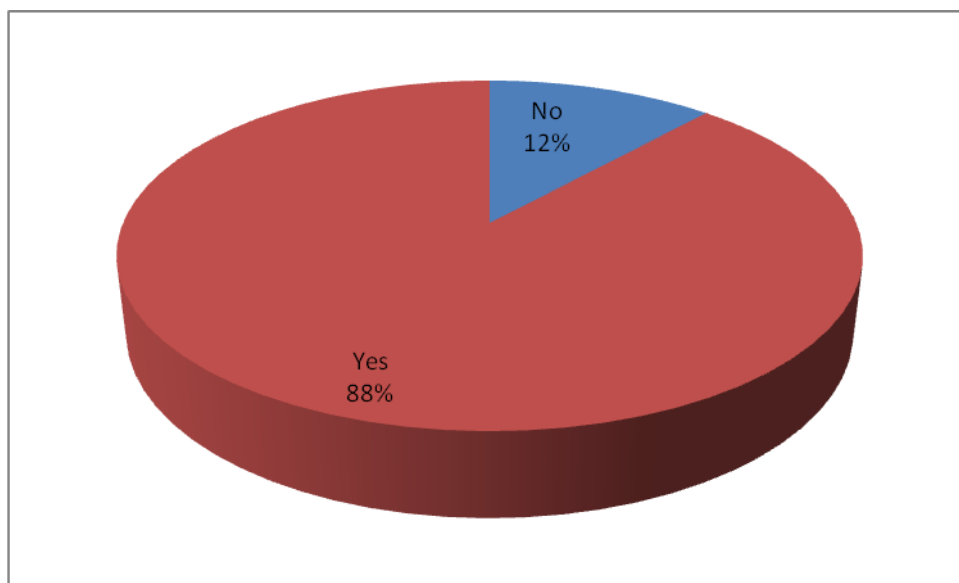


Q28 When did you last visit your dentist for denture checkup?		
	Frequency	Percent
A)<6months	92	34.8
B)6-12 months	137	51.9
C)>6-12 months	28	10.6

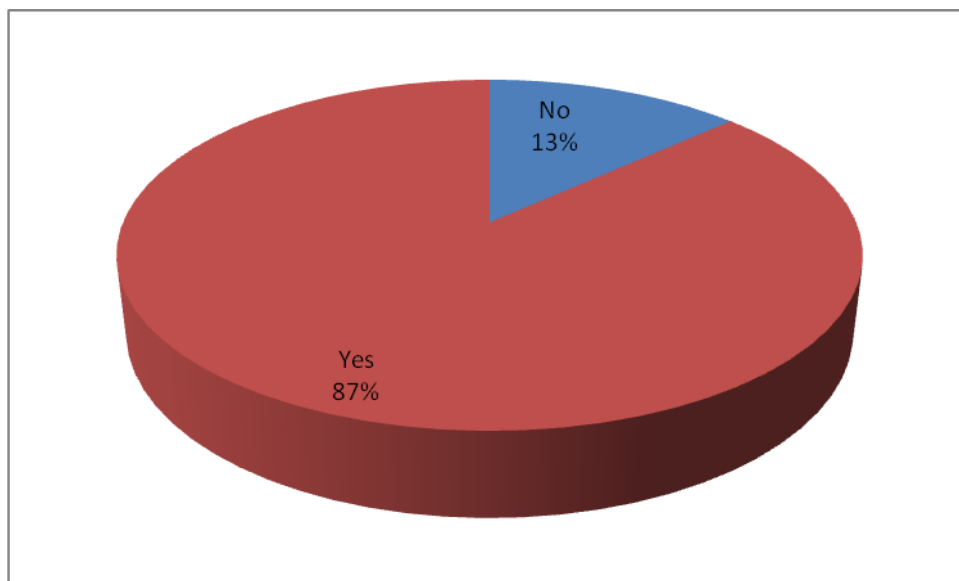
D)never	7	2.7
Total	264	100.0



Q29 Do you think it's important to know about denture hygiene?		
	Frequency	Percent
No	31	11.8
Yes	233	88.3
Total	264	100.0

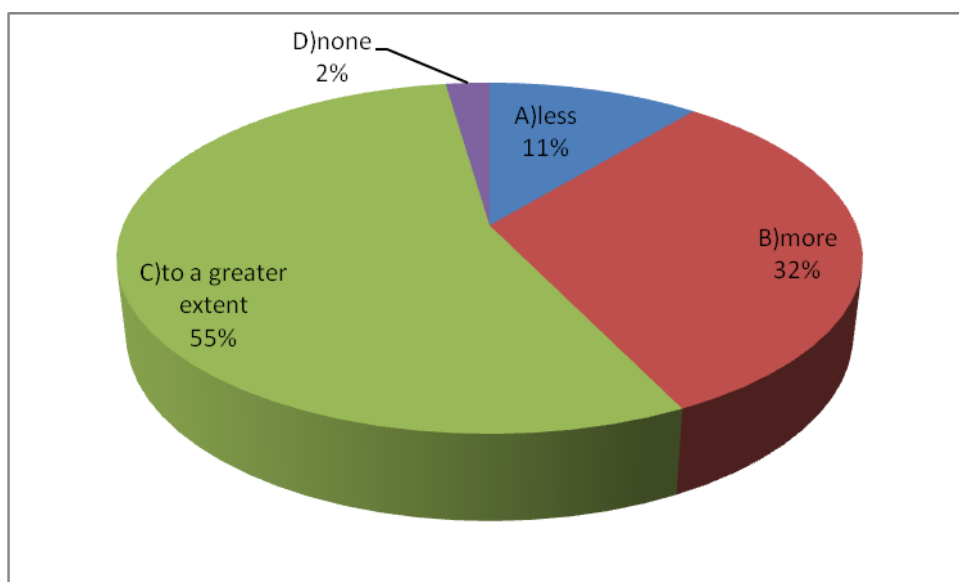


Q30 Denture hygiene/oral hygiene is connected to medical health ,are you aware of this fact?		
	Frequency	Percent
No	35	13.3
Yes	229	86.7
Total	264	100.0



Q31 To what extent , care and maintenance of prosthesis can affect your overall health?

	Frequency	Percent
A)less	29	11.0
B)more	84	31.8
C)to a greater extent	145	54.9
D)none	6	2.3
Total	264	100.0



Q32 Anything that you want to say about denture hygiene?

	Frequency	Percent
Nothing much to add further.	90	34.1

Denture hygiene helps us maintain good body health without any bad breath	1	.4
Denture hygiene is important for body health	1	.4
Denture hygiene is important for health	1	.4
Denture hygiene is important to keep ourselves healthy	1	.4
Good for body	3	1.1
Good for general health	2	.8
Good for health	43	16.3
Good for our body	1	.4
Good for our health	1	.4
Good fort health	1	.4
Good information will be careful and tell others to be aware of denture hygiene	1	.4
Good to know about denture hygiene	1	.4
Important for body health	2	.8
Important for health	104	39.4
Imports for health	1	.4
It's very good for overall health	1	.4
It's good to know about denture hygiene ...will be aware now	1	.4
Nothing much to add further.	1	.4
Thankyou for information !!!! Denture hygiene is related to medical health	1	.4
This Information is good for us and help us to get aware about the denture hygiene	1	.4
Very good for health	1	.4

review denture care. Findings from this study indicated that the denture hygiene knowledge and practices were significantly associated with gender and qualification of the denture wearers. The results showed that a total of 264 subjects comprising the maximum subjects (41.7%) wearing dentures for not more than 6 months. Also, as per findings 48.5% of patients were seen wearing dentures while eating. 18.2% of patients (least) were seen never wearing their dentures while sleeping. The reason for this may be not being aware of or not being instructed by the dentists or not following the instructions as given by the dentist.

Previous studies have reported that the majority of denture wearers knew how to clean their dentures because they have received instructions from their dentist.

82.2% subjects were aware of the harmful effects of overnight denture wearing. This implies that they have knowledge about the harmful effects of denture wearing as told by their dentists and majority of the dentures soaked their dentures in room temperature water overnight. Almost equal proportion of subjects were found keeping their dentures in water after removal from oral cavity as well as wrapped in plastic bag. (33%)

Subjects were being asked if they removed their denture, 60.6% subjects told that they did not remove denture until they found it was hurting them or a bad smell related to dentures evoked them to remove it and they wore it everyday. 81.1% subjects complained that their prosthesis restricted in what they eat.

57.2% of the subjects did not have deleterious habits such as smoking and did not indulge in alcoholism and 58% of the subjects were aware of the harmful effects of smoking and alcoholism. 76.1% subjects told that they were being aware of that if dentures are not cleaned properly, it can become a source of infection.

In this study, subjects reported having been advised by their dentists, mostly prosthodontists (62.9%) as to how to clean their dentures. The dentists also show a positive attitude toward disseminating proper instructions to their patients. In a previous study conducted in Jammu, 48% of the dentists strongly agreed that explaining denture hygiene instructions to the elderly cannot be very time-consuming and it is of use to provide the elderly with denture hygiene maintenance instructions as they no knowledge about it and they are least aware of. The responsibility of dissemination of denture care instructions falls solely on the dentist. This part was efficiently completed by this study group, as it was evident in most of the elderly subjects' higher knowledge scores. The reason for this may be due to the study setting; which was a postgraduate teaching institute where there are set protocols in denture patients care and after-care, and all the dentists working here are under supervision of a senior faculty member unlike a private dental practitioner. In this study, all subjects (100%) used brushing (mechanical method) for denture cleansing. The current study reports that 12.1% of the subjects used tap water along with a toothbrush to clean their dentures. In a similar study by Veres et al, 37.1% subjects used water with salt to clean their dentures and according to the same author, brushing with only tap water without any cleansing agent was also quite common. Brushing with a dentifrice was the method of choice by 48.1% of the subjects to clean their dentures as reported in a previous study. The use of tooth-paste in denture cleansing is attributed to its familiarity, simple use, and cost-effectiveness. However, studies have claimed that improper brushing along with a dentifrice can damage the denture base material due to its abrasive potential. Only 11.4% of the subjects in this study reported immersion of their dentures in a commercially available denture cleanser. Comparable results were obtained in a previous study where 58.49% of subjects immerse their dentures in a chemical solution. Chemical cleansing agents mainly comprised cleansing tablets and sodium hypochlorite solution, soap and dishwasher detergent, 28% used sodium hypochlorite. 68.2% added some cleansing tablets to water for cleaning prosthesis as information provided by their doctors. 87.5% subjects cleaned their dentures daily after having food and 54.9% did not

know that the dentures can be cleaned by ultrasonic method and they were being told about the information. 73.5% subjects did not use mouthwash when were asked and 26.5% used mouthwash 1-2 times /day. 90% of the subjects find it essential to go to dentist for followups after denture insertion and 51.9% last visited their dentist in the period of 6 -12 months. 88.3% said yes that its important to know about their denture hygiene. Denture hygiene/oral hygiene is connected to medical health 86.7% subjects were well aware of this fact and 54.9% said that care and maintenance of prosthesis is related to medical health to greater extent.

Many of the patients used soap to clean their prosthesis. In this study equal proportion 33% of the subjects used soap water and dishwasher detergent as they had lack of knowledge regarding the immersion of cleansing tablets in water to clean the dentures. The use of chemical solutions for denture immersion is less frequent than manual brushing methods of cleaning. Lack of denture hygiene is one of the main etiological factors causing the inflammation of oral mucosa of the edentulous patients. Denture hygiene is directly related to the frequency of denture cleansing. This study reported that 51.9% of the subjects clean their dentures once a day followed by 41.7% subjects cleaned their dentures twice a day. This study also established that a statistically significant relationship between the increase in the frequency of denture cleansing practices was observed as the educational level increased. The frequency of denture cleansing was significantly higher in males than females. The result of our studies was in line with some of the previous studies, where a higher rate of denture stomatitis and traumatic ulcers was reported among females than among males due to reduced frequency of denture cleaning. The variation among genders may be due to their lack of awareness, motivation, and strict adherence to denture care instructions. Elderly denture wearers are prone to suffer from one or more oral mucosal lesions, such as denture stomatitis, burning mouth syndrome, angular cheilitis, candidal secondary infections, and many other mucosal lesions. Denture care instructions to denture patients should also include instructions to clean the soft tissues of the oral cavity. Lack of denture hygiene leads to foul smell/bad breath, oral mucosal lesions, inability to eat satisfactorily, and the difficulty in articulation. All these problems diminish the self-esteem and confidence of the denture wearers. The present study showed that 1.1% of the subjects wore the dentures day and night. Higher percentage of the subjects sleeping with dentures is reported in previous studies where 41.5% and 64% of subjects respectively, did not remove their dentures at bedtime. Baran and Nalçaci also showed that 55.2% of subjects slept with their dentures.. This study also demonstrated the statistically significant difference in gender where the practice of sleeping wearing the dentures was more among males. The reason for wearing the dentures overnight may be because of the misinterpretation of their dentist's instructions to wear them overnight during initial stages of denture delivery to get them accustomed to the new dentures or to prevent embarrassment during social contacts to their peers. The method of dentures storage when not in use or during the night was also varied. These observations are far from the dentist's recommendations. This may be due to the lack of adequate denture hygiene instructions by the dentists leading to patients making their own interpretations or following the advice of their friends, pharmacists, media, and the internet. Before completing the questionnaire ,subjects were being asked to say anything related to denture hygiene, and 39.4 % subjects said that denture hygiene is important for health. The limitations of this study were that the study selected the patients attending one university hospital. Second, the knowledge and practices of denture hygiene should have been compared with the cleanliness of the dentures and the status of the denture-bearing soft tissues. Hence, further research is suggested for a thorough understanding of denture hygiene, attitude of denture wearers, and soft tissue changes.

CONCLUSION

Concluding within the limitations of this study, the majority of the denture wearers have limited knowledge of denture cleansing and oral hygiene practices. Hygiene habits and practices may not always present a positive correlation with the gender, and Education Level. Patients should be motivated and instructed by the dentists about denture cleansing methods, materials, and the harmful effects of overnight wearing and accumulation of microbial plaque and debris on the denture and mucosal surfaces. Periodic recall for evaluation of denture and mucosal surfaces along with reinforcement of denture hygiene instructions will go a long way in helping the patients reap maximum benefits out of their prostheses.

SUMMARY

From the moment the edentulous patient is fitted with dentures, the important phase of oral and denture after-care begins. Regular oral and denture hygiene procedures play a major role in the maintenance of oral health and the long-term success of removable prosthodontic treatment. Rehabilitative treatment is successful only when patients are highly motivated toward the correct method of use and hygiene maintenance procedures. It is reported that the quality of the denture fitting surface, occlusal relations, denture age, and hygiene are important factors contributing to the prevalence of oral mucosal lesions associated with denture use. Elderly denture wearers are prone to suffer from one or more oral mucosal lesions, such as denture stomatitis, burning mouth syndrome, angular cheilitis, candidal secondary infections, and many other mucosal lesions. Denture care instructions to denture patients should also include instructions to clean the soft tissues of the oral cavity. Lack of denture hygiene leads to foul smell/bad breath, oral mucosal lesions, inability to eat satisfactorily, and the difficulty in articulation. All these problems diminish the self-esteem and confidence of the denture wearers. In this study, subjects reported having been advised by their dentists, mostly prosthodontists (62.9%) as to how to clean their dentures.

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