

Denture Related Stomatitis



Information for patients Charles Clifford Dental Hospital

What is denture related stomatitis?

Denture related stomatitis is a yeast infection in the mouth caused by a type of fungus called Candida. Candida lives harmlessly in the mouth and normally causes no problems. However under certain conditions problems can develop. The infection is not contagious, which means it cannot be passed on to others.

Who gets denture related stomatitis?

Denture wearers are the most common group to be affected but people wearing orthodontic appliances which cover the gums or palate may also develop this problem. The unpolished surfaces of dentures and other appliances provide good conditions for Candida to grow.

Your chances of developing denture stomatitis are greater if:

- You wear dentures or orthodontic appliances, and particularly if you do not take your dentures out at night
- You do not keep dentures or appliances perfectly clean
- You have longstanding dry mouth
- You are taking certain antibiotics, using inhaled or other forms of steroid, or if you are having chemotherapy.
- You are deficient have low levels of iron, vitamin B12 or folate.
- You have uncontrolled diabetes, or a weakened immune system such as in HIV disease
- You smoke
- You have a high sugar intake diet

What are the signs and symptoms of denture stomatitis?

Most people will have no symptoms and the condition may only be seen when the mouth is examined. When your denture is removed you or your dentist will see a red or red and white area under the denture.

Occasionally if you have denture related stomatitis you may notice these symptoms:

- Red spots or patches underneath your denture
- Sore mouth
- Red sore corners of your mouth



How can you prevent denture stomatitis?

If you take the following steps you may be able to prevent denture stomatitis from developing:

- Maintaining good oral and denture hygiene
- Dentures should be cleaned with a soft brush. Overnight you should keep them out and leave them soaking in a denture cleaning solution. Your doctor, dentist or specialist will advise the most appropriate one for you
- Regularly rinse your mouth with water after using steroid inhalers and use a spacer with the inhaler
- Keep good control of your diabetes
- Stop smoking
- Have regular dental checks and renew your dentures when appropriate

How is denture stomatitis diagnosed?

Usually it is diagnosed by a dentist or doctor after examining your mouth. Additional tests may be used to confirm the level of Candida in your mouth, eg an oral rinse test.

If you have an oral rinse test you will be asked to rinse your mouth with salty water and spit into a container. We will send this sample to a Microbiology laboratory where they will identify whether Candida is present, and, if so, what type it is.

How is denture stomatitis treated?

It is treated by managing the cause of the infection. Attention to your denture care is most important.

- Your dentures should be cleaned with a soft brush. Overnight you should keep them out and leave them soaking in a denture cleaning solution. Your doctor, dentist or specialist will advise the most appropriate one for you.
- If you have a poorly-fitting upper denture we may advise you to see your dentist to have a new denture.

You may also be given some medication to help treat the infection:

- You may be given a mouth wash called Nystatin which you will need to rinse around your mouth four times each day, usually for 2 weeks. You must do this with your dentures out of your mouth.
- You could also be given a gel called Miconazole. This is usually applied to the fitting surface of your dentures before you put them into your mouth.
- Sometimes you may need a course of tablets such as Fluconazole but your doctor or specialist will advise you as to the most appropriate treatment.
- It is important to follow the instructions on how to take your treatment and to complete the course of treatment even if your symptoms go away earlier.
- Corsodyl mouthwash (chlorhexidine gluconate) may also be prescribed as it has antifungal properties but your doctor or specialist will advise you about this.
- Some medicines used to treat your condition can interfere with other medicines you may be taking. It is therefore important to tell your doctor or dentist about all the medicines you are currently taking. You will be advised how to use the drug chosen for you.

Other sources of information

- emedicine.medscape.com/article/1075994-overview
- www.dentalhealth.org.uk
- www.healthcentre.org.uk/dentistry/dentures-stomatitis



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