

# How to Clean Dentures



## 1 Fill Sink with Water

Remove and clean your dentures daily over a sink filled with water to avoid breaking them if they should fall.



## 2 Rinse Dentures in Warm Water

Before brushing, rinse your dentures in warm water to remove any loose bits of food and/or debris.



## 3 Use a Denture Cleanser & Brush

Ideally use a denture brush and cleanser to clean your dentures. Avoid using a normal toothbrush, toothpaste or soap.



## 4 Clean All Surfaces

Moisten your denture brush and gently clean all surfaces of your dentures well. Be careful with clasps and avoid brushing too hard.



## 5 Rinse Denture Brush

Rinse the denture brush in clean, warm water and tap dry and store uncovered.



## 6 Rinse and Store Dentures in Cold Water Overnight

Rinse denture in clean, warm water, then store dentures in fresh cold water overnight.

# Denture Care

✓ **Remove and rinse dentures after eating.**  
Use water to remove food debris and other loose particles.

✓ **Clean your mouth after removing your dentures.**  
Use a soft-bristled toothbrush with fluoridated toothpaste to clean your natural teeth and a gauze or a soft toothbrush to clean your tongue, cheeks and roof of your mouth.

✓ **Clean your dentures daily.**  
Remove and gently clean your dentures daily with a denture brush and cleanser (ideally).

✓ **Soak dentures overnight.**  
Place your dentures in water or a mild denture-soaking solution every night.

✓ **Rinse dentures thoroughly before putting them back in your mouth,** especially if you use a denture-soaking solution.

✓ **Schedule regular dental check-up.**  
Promptly inform a dentist if your dentures no longer fit or are causing pain and/or discomfort.

✗ **Avoid using a normal toothbrush, toothpaste or soap to clean your dentures.** Use a denture brush and cleanser to clean your dentures.

✗ **Do not use denture cleanser inside your mouth.**

✗ **DO NOT WEAR YOUR DENTURES TO SLEEP OVERNIGHT!** Wearing dentures to sleep will lead to denture stomatitis (inflammation of gum tissue).