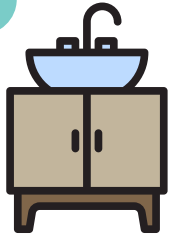


# How to Clean Dentures

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.

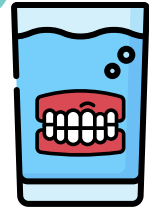
5



## 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).