

DENTURE CLEANING

- 1.) *Fill the sink with water and clean your dentures over the sink. Just in case they slip out of your hands and fall in, they won't break.*
- 2.) *Rinse your dentures thoroughly with cool or warm water, and remove loose particles.*
- 3.) *Soak your dentures in a cleaner (such as Polident tabs) for the recommended time. **Do not soak dentures in bleach.** For more persistent stains or tartar ask us about a professional strength denture cleaner.*
- 4.) *Moisten a denture brush or toothbrush, apply a denture cleaning paste or mild dish soap. **Paste should be non-abrasive.***
- 5.) *Brush all surfaces thoroughly.*
- 6.) *Rinse your dentures well under running water to remove all traces of cleaning paste or soap.*
- 7.) *Brush your gums, tongue, and roof of your mouth with a soft bristled toothbrush to remove plaque and stimulate circulation. **Do not use denture brush in your mouth.** Then reinsert your dentures.*
- 8.) *Use a mouth rinse once a day to help freshen your mouth.*

Repeat this cleaning process every morning and night.

** Over time your dentures may become harder to get clean. They may need to be cleaned by a dental professional. **