

# Denture Care Tips

Happy Dentists



Remove & rinse dentures with water after eating



**Avoid** hot water and abrasive toothpastes



**Do not** place in dishwasher



When rinsing, fill the sink so that the dentures won't break if dropped.



If you use denture adhesive, Clean grooves that fit against gums



Handle your dentures with care. Do not bend or damage clasps/hooks



If your mouth is sore contact the clinic as you may need your dentures adjusted or there may be an infection.



If the denture(s) breaks **do not** wear it, repair it, bend it or modify it. Contact us, to make an appointment



**Avoid** using abrasive cleaning materials, detergents, whitening toothpastes, methylated spirits, or cleaning agents (like bleach, Antiseptics)

If you have any problems or questions do not hesitate to call or message your dentist.




# Denture Care Happy Dentists



Inspect the dentures daily for wear, tear & holes

## Daily Routine: x2 a day




Use a soft toothbrush or gauze to clean your gums, tongue & any natural teeth

## Deep Cleaning:



Recommended once a week. If lots of tartar, the denture may need to be repolished



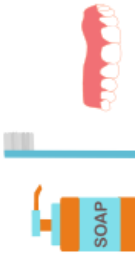
Use utensils to cut your food, take small bites & chew slowly




Rinse dentures thoroughly with water before placing them back in your mouth



Book regular dental checkups, for denture examination & professionally cleaning.



Clean all surfaces of the dentures with a soft toothbrush & mild soap



Leave dentures out at night. This lets your mouth have a rest and prevents grinding.



Let your dentures air **dry** in a container overnight. To limit bacteria growth



2 tbsp White vinegar  
200ml Water

Soak Dentures in mixture for 15-30mins only



At the same time clean the case with soap & water



Rinse with water then place dentures back into your mouth