



How to instructions

How to clean a denture, appliance or retainer with soap, gel or denture cleaning products.



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Clean dentures are essential for a healthy mouth. The same principle applies to orthodontic appliances and retainers. (The only difference is that you would use a small toothbrush for retainers.) Dirty dentures can accumulate harmful bacteria, viruses and fungi and are not a pleasant thing to live with. Let's run through how to clean your denture using a variety of soaps and specialised cleaning gels. Dentures can be cleaned with soap, a denture gel or denture cleaning paste. Specific denture cleaning gels are more effective in removing scale build up.

Read the follow the instructions from the manufacturer – only a small amount is needed to foam up and assist to clean the dentures. Dentures should not be cleaned with regular toothpaste as toothpaste is abrasive and will scratch the surface.

Refer to our denture cleaning instructions here

[cleaning using a denture brush](#)

[cleaning using Dr Mark's HyGenie](#)