



How to instructions

How to clean a denture with a denture brush



This article explains how to clean dentures (false teeth) with a denture brush.

- Dirty dentures collect germs and fungus.
- A denture brush has long bristles. It has a big end for normal cleaning and a small end for hard-to-reach spots.
- **Do not wear dentures overnight.** This lets the gums rest.
- Also brush the gums and roof of the mouth to remove food and plaque.

Steps

1. Put some water or a damp towel in the sink. This stops the denture breaking if you drop it.
2. Rinse off food with cold or lukewarm water.
3. Put on denture cleaning gel or liquid hand soap. **Do not use toothpaste.** It scratches dentures.

4. Gently brush the inside and outside of the denture.
5. For partial dentures, use the small end to clean the metal clips well. Plaque left on the clips can cause decay on the real teeth.
6. Rinse well with cold water.
7. If storing overnight, let the denture dry before putting it in its container.
8. Rinse the brush and let it dry.

For hard build-up, soak the denture in white vinegar for 10 minutes.