



How to instructions

How to inspect, clean and store dentures.



This article explains how to check, clean and store dentures.

- Clean dentures twice a day, morning and night.
- Also clean the gums and tongue twice a day with a soft, small toothbrush.

Check

- Look in the mouth for sore spots.
- Look at the denture for wear, cracks, breaks or hard build-up.
- Report any problems.

Clean

1. Carry the denture in a dish or bowl.
2. Put water, paper towel or a face washer in the sink in case you drop it.

3. Rub a denture brush on a bar of soap, or put a pea-sized amount of denture gel or paste on the brush.
 4. Hold the denture in your hand and clean all surfaces well.
 5. **Never squeeze both ends.** It can snap.
 6. Rinse the brush after use.
- **Do not use toothpaste.** It scratches dentures.
 - Use a denture brush, not a toothbrush. It has a small end for the grooves and is easier to hold.

Soak (1 or 2 times a week)

Put the clean denture in the basket of a denture container. Add water and a cleaning tablet. Close the lid. Soak for the time on the packet (about 15 minutes). You can do this while the person showers. Tablets do not replace brushing.

Night time

Take dentures out before sleep. Store them **dry**. Leaving them in causes red, swollen gums.