



How to instructions

How to use a denture, retainer or appliance cleansing tablet



Clean dentures, night guards (splints) and other appliances are essential for a healthy mouth. Dirty appliances can accumulate harmful bacteria, viruses and fungi which needs to be cleaned and disinfected. The denture / appliance cleaning tablet is NOT a substitute for proper brushing to clean and remove plaque. They can be used 1-2 times per week as a soak to assist with disinfection.

1. Clean the dentures with a denture brush and soap, gel or cleansing paste.
2. Place them in the basket of a plastic denture container, add water and an antibacterial denture cleansing tablet, and close the lid.
3. Soak your dentures for the recommended time as per the instructions – this is generally around 15 minutes.

4. After the recommended time, rinse your dentures before putting them back in your mouth. If they are not being worn, ensure they are dried before storage.
5. Your antibacterial denture cleansing tablets can easily be mistaken for antacid tablets or mints so should be safely stored in your room or centrally in a locked cupboard in the medicines room if you work in a care home. Correct storage conditions assist in preventing poisoning by swallowing of the harmful antibacterial solution.
6. For caked on scale, try soaking the device in white vinegar for 10 minutes or use Dental fresh cleaning gel.

Check out our other important denture care information below.

[How to clean a denture with a denture brush](#)

[How to clean dentures with Dr Mark's HyGenie](#)

[How to inspect clean and store dentures](#)

[How to clean a denture, appliance or retainer with soap, gel or denture cleaning products](#)

[How to identify different types of dentures](#)