

# Care Instructions

## RINSE

Remove the denture and rinse with warm water.

## BRUSH DAILY

Use a soft-bristled toothbrush and non-abrasive denture cleanser to brush all surfaces of the denture, including the underside that fits against your gums. A mild liquid soap can also be used.

## SOAK DAILY

Soak your dentures in a cleaning solution to remove plaque and stains. You can use a dissolvable denture cleanser tablet or a denture soaking solution. Follow the manufacturer's instructions for details such as soaking duration.



## ADDITIONAL TIPS

- Take care when cleaning to avoid damaging your dentures. Clean them over a bowl of water or a towel and handle them over a sink or towel when inserting them.
- Remove dentures before going to sleep.
- Practice good oral hygiene by brushing your tongue, gums and palate twice daily.

## Things To Avoid



Toothpaste



Abrasive Pastes



Household Cleaners



Bleach



Hot Boiling Water

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## Things To Avoid



Toothpaste



Abrasive Pastes



Soaking Overnight



Storing in Water or Mouthwash



Household Cleaners



Bleach



Hot Boiling Water