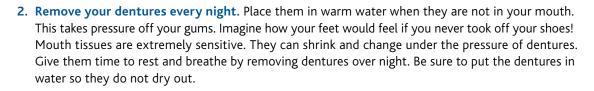


## **Denture Care**

1. Keep dentures clean. Bacterial plaque builds up daily in the mouth and on dentures. Unless it's removed, plague can cause infection and disease.

## Cleaning Tips:

- Clean your dentures over a sink filled half way with water so your dentures won't break if you drop them.
- Scrub dentures thoroughly with soap and water. Do not use toothpaste on dentures.
- Ask your pharmacist for a special denture brush which has short bristles to clean sides and chewing surfaces and long bristles to clean the narrow spaces inside the denture.
- To remove stains you can scrub your dentures with baking soda.
- If you have partial dentures, clean their metal clasps carefully. Ask your pharmacist for a denture clasp brush.
- If you find denture brushes hard to handle, a nail brush sometimes provides a better grip.
- Rinse dentures in clean water before placing them back in your mouth.



- 3. Your oral tissues need daily stimulation. Use a soft toothbrush to massage your gums; the top, underside, and edges of your tongue; the roof and floor of your mouth. If a brush is uncomfortable try gauze moistened with water.
- 4. Keep in touch with your dentist. Your mouth changes constantly - so from time to time, your dentures will need adjusting to maintain a good, comfortable fit. While reviewing the fit, your dentist will also examine your tissues, check for oral diseases, and review your home-care routine.

