

# Denture Care



1 Clean dentures in the morning and at night. Do this over a sink of water or towel to reduce the risk of breaking if dropped.



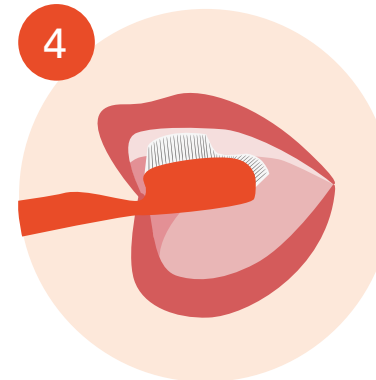
2 Use mild liquid soap on a soft toothbrush or denture brush.



Don't use toothpaste to clean dentures



3 Brush all surfaces of the denture well. Rinse with cold water.



4 Also clean the gums and tongue using a soft toothbrush in the morning and at night.



5 Take dentures out before you go to sleep at night. Keep cleaned dentures in a cup of fresh cold water, or in a clean dry container overnight.

Have dentures checked regularly by an oral health professional to make sure they still fit and work well.