

How to clean your denture

- ✓ Remove your denture (s) after meals, brush your teeth or clean your gums with water or a moist gauze.
- ✓ Brush your dentures without toothpaste. The toothpaste promotes small scratches on the surface of the dentures, which later will be a shelter for bacteria. You can use coconut soap or only water.
- ✓ Use a toothbrush designed for dentures, which has two heads with different amounts of bristles. The larger head t/helps you o clean the outside, the minor head has easier access to the inner part of your denture.



- ✓ Once a day, soak the dentures in a container with a mixture of water and household bleach in equal amounts, sufficient to cover the dentures. Leave for 10 minutes. The bleach removes fungi, bacteria and stains, and leaves no taste. Simply rinse before putting in your mouth.



- ✓ Remove your dentures at night, before you sleep. It is important that the soft tissues of the mouth rest for 6 to 8 hours. During this period, keep your dentures in a container with water. The container must be preferably non-transparent and have a lid, to avoid any embarrassment. It is important that the prosthesis does not become dry, as may be distorted.