



# Denture Hygiene Guide

## Why clean dentures?

Just like natural teeth, dentures also attract plaque, stains and collect food particles, contributing to bad breath and gum irritation. Cleaning your dentures is vital for good oral health. It is recommended to clean your denture immediately after eating, at least twice a day. In order to get the best cleaning results it is recommended to combine both soaking and brushing.

## Recommended cleaning instructions

1. Take denture(s) out and rinse to remove any food / debris. If denture adhesive is worn, remove using gauze and water.
2. Place a small towel in the sink and fill with water to avoid damaging the denture if accidentally dropped during the cleaning process.
3. Using soaking tablets, place denture in a separate soaking solution for specified time by manufacturer.
4. Gently brush denture in the soaking solution using a soft bristle brush.
5. After brushing denture, thoroughly rinse under water and place into protective casing with fresh water, drain sink and do not soak overnight.
6. Using a different soft bristle brush, wet the bristles and gently massage your gums and brush your tongue.

By following these cleaning instructions it should help pro-long the aesthetics of the denture and minimise plaque build up. When waking up in the morning, take the denture out of the protective case and rinse under water before placing them back in your mouth and drain water / dry the denture case. This is to help minimise any bacterial build up on the denture while sitting in still water overnight.

**Remember to change the water each night to avoid large bacterial build-up on the denture.**

