

THE CARISBROOKE DENTAL PRACTICE
DENTURE HYGIENE ADVICE SHEET

- 1. Brush dentures over a sink filled with water to prevent damage if dropped.**

- 2. Initially rinse and brush under running water to remove any debris.**

- 3. Using white simple soap clean all aspects of the denture paying particular attention to the areas of the denture that rest against the mucosa (skin) or contact any remaining teeth you have.**

- 4. Rinse off under running water again. Never leave dentures to dry out for prolonged periods of time or sitting dry in direct sunlight.**

- 5. Every other day soak plastic dentures in water with Dentural for 20 minutes. Metal dentures need to be soaked in cold water and Dentural for 10 minutes. If you notice the metal tarnishing soak for less time.**