


DO'S AND DON'TS OF DENTURE CARE



DO

-  **DO** brush your gums, tongue, and roof of your mouth every morning before you put your dentures in
-  **DO** clean dentures daily using a denture brush
-  **DO** remove all food and plaque build-up when cleaning dentures
-  **DO** rinse dentures and soak them overnight with a denture tab or clean water
-  **DO** always rinse dentures before placing back into mouth
-  **DO** see a dentist if your dentures no longer fit

DON'T

-  **DON'T** skip out on brushing your teeth if you have partial dentures!

you should still brush your remaining teeth twice a day!

-  **DON'T** soak your dentures in products that contain bleach or hot water

it could damage your dentures!