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PROPER CARE OF YOUR NEW DENTURES

GENERAL RULES

- 1) DO NOT WEAR CONTINUOUSLY. REMOVE DENTURES AT NIGHT (WHILE YOU ARE SLEEPING), OR AT LEAST FOR SIX HOURS DURING THE DAY.
- 2) TRY TO RINSE YOUR MOUTH OUT IMMEDIATELY AFTER EVERY MEAL.
- 3) WHEN NOT IN USE, ALWAYS STORE YOUR DENTURES IN WATER IN A NON-BREAKABLE, CLOSED CONTAINER. YOU CAN FIND SUCH CONTAINERS IN MOST SUPERMARKETS AND DRUG STORES, WHERE TOOTHBRUSHES ARE SOLD.

CLEANING

CLEANLINESS PREVENTS STAINS, DEPOSITS, ODORS, TASTES AND IRRITATIONS. IT IS EXTREMELY IMPORTANT TO KEEP YOUR DENTURES AS CLEAN AS POSSIBLE, IN ORDER FOR THEM TO GIVE YOU THE BEST SERVICE. FOR BEST RESULTS, I RECOMMEND CLEANING DENTURES MANUALLY WITH A DENTURE BRUSH AND DENTURE TOOTHPASTE (LIKE DENTURECREME), FOLLOWED BY SOAKING AS DESCRIBED BELOW.

ALL DENTURES

- 1) IF YOU WEAR GLASSES, PLEASE WEAR THEM WHILE CLEANING YOUR DENTURES
- 2) CLEAN YOUR DENTURES OVER A HALF FILLED WASH BASIN OR SINK IN CASE YOU DROP THEM.
- 3) NEVER USE HOT WATER, OR REGULAR TOOTHPASTE--IT'S TOO ABRASIVE.
- 4) USE A DENTURE BRUSH, NOT A REGULAR TOOTHBRUSH. DENTURE BRUSHES ARE AVAILABLE IN MOST SUPERMARKETS AND DRUG STORES, ON THE SAME SHELF AS THE REGULAR TOOTHBRUSHES. THEY ARE SPECIALLY DESIGNED WITH LONGER BRISTLES, TO MORE THOROUGHLY CLEAN YOUR DENTURES.

COMPLETE DENTURES

IF YOU ARE NOT ABLE TO CLEAN YOUR DENTURES MANUALLY WITH A DENTURE BRUSH, YOU MAY USE ANY OF THE COMMERCIAL CLEANERS AVAILABLE (EFFERDENT, POLYDENT ETC)--JUST FOLLOW THE DIRECTIONS THAT COME WITH THE CLEANSER.

HOMEMADE TARTAR REMOVER

4 OZ. WHITE VINEGAR----SOAK OVERNIGHT AS NEEDED.

PARTIAL DENTURES

DO NOT USE "EFFERVESCENT" CLEANSERS, OR ANY CLEANERS CONTAINING CHLORINE, BECAUSE THEY CAN OXIDIZE THE METAL FRAMEWORK. YOU CAN USE COMMERCIAL CLEANSERS SPECIFICALLY MADE FOR PARTIALS, HOWEVER (POLIDENT FOR PARTIALS).

DENTURES WITH SOFT LINERS

DO NOT USE ANY TYPE OF BRUSH ON THE LINING ITSELF. CLEAN BY RUNNING COLD WATER OVER THE LINER, AND/OR BY USING ANY SPECIFIC INSTRUCTIONS OR MATERIALS THAT CAME WITH YOUR PARTICULAR BRAND OF LINER.