Denture Care

1
Clean your dentures in the morning and at night.
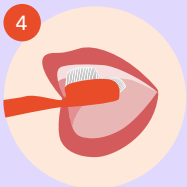Clean your dentures over a sink with water in it or on top of a towel.
This will make sure your dentures don't break if you drop them.

2
Use mild liquid soap on a soft toothbrush.
Do not use toothpaste to clean your dentures.

3
Brush all parts of your denture well.
Rinse your denture with cold water.

4
Clean your gums and tongue using a soft toothbrush and water.
Do this in the morning and at night.
If you have any real teeth in your mouth, it's important to brush these twice a day with fluoride toothpaste.

5
Take your dentures out before you go to sleep at night.
Keep your cleaned dentures in a dry container overnight.

For more information please go to:
www.health.nsw.gov.au/denture-care