



# Denture Care

Having a clean, healthy mouth can help you look and feel better about yourself.

Lots of people wear dentures. They are also called false teeth.



It is important to look after your dentures.

Take your dentures out of your mouth to clean them.



Visit your dental practitioner regularly to make sure your dentures still fit.

They will also check that the rest of your mouth is healthy.



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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.



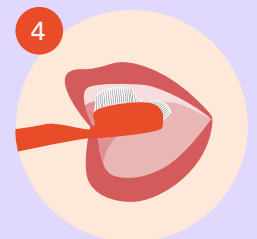
Use mild liquid soap on a soft toothbrush.  
Do not use toothpaste to clean your dentures.



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



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.



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



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