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.

For more information please go to: