

Taking care of your dentures

- Brush your dentures with a non-abrasive paste (soap) and a soft nylon brush, taking care to remove any remaining residue.
- Soak- Place your dentures into a glass with some fresh water. For acrylic/plastic dentures you can use Steri-Dent however use to the manufactures instructions (if use incorrectly the cleanser can reduce the life span of your dentures) For Chrome/metal dentures use a cleanser suitable for metal.
- Rinse your dentures under running cold water (never use hot water this can affect the shape of your dentures) Dry carefully
- -Remove your denture every night and soak in cold water to prevent shrinkage.

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Using denture adhesive

- Clean and dry your dentures
- Apply adhesive in thin continuous lines



- Insert dentures and hold briefly in place
- To remove dentures, swish your mouth with warm water, rock denture gently until loose.

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