

- Clean dentures gently at least once a day.
- To prevent breakage, clean dentures over a towel-lined sink, with about 2 inches of cool water.
- Use a denture brush or a regular soft-bristled toothbrush.
- Brush dentures with commercial powders or pastes, denture toothpaste, hand soap, baking soda or mild liquid detergents. **Do not** use regular toothpaste.
- Rinse dentures thoroughly after cleaning.
- Remove and soak dentures overnight or for a minimum of 4 hours. Tissues in the mouth need a rest too!
- You can make your own denture cleaner. Use a half-and-half solution of warm water and vinegar. Soak your dentures in this solution to soften hardened plaque and remove light stains. **Warning: Vinegar may be corrosive to metal clasps.**
- Clean and massage the gums with a regular soft-bristled toothbrush.



For more information check the website at www.saskohc.ca



Accountable



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Common Goals



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Evidence-Based Practice



Wellbeing