

# Denture Care Information Sheet

## Be sure to follow these steps!

- Rinse and clean dentures after each meal using cold water, specialized denture soap or dishwashing soap.
- Use a denture brush or soft bristle toothbrush
  - DON'T use toothpaste, abrasives or any brushes with stiff bristles



- Remove your dentures at night; this allows your tissues to breath and heal.
- Do not sleep with dentures; wearing dentures continuously can cause sores, fungal infections and irritation to gums, cheeks, lips and tongue.
- You may store your dentures overnight in a denture soaking solution to sanitize them and get rid of bacteria. Otherwise, you must store your dentures dry overnight.
- Rinse and clean your dentures before putting them on in the morning.



- Remember to rinse your mouth, brush your gums and brush your tongue twice a day.
- You may notice you might not be able to produce certain sounds with your new dentures. To help improve your pronunciation, try to repeatedly say "Sally Sanders Sells Seashells by the Seashore" out loud multiple times a day.
- Be patient, it may take months of use for you to learn to speak and chew.