

# DENTURE CARE INSTRUCTIONS



MOUNT HOPE DENTAL | 420 E. MAIN | MOUNT HOPE, KS 67108

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## TIP:

To adjust to speaking with your new dentures, practice by reading aloud.

“Nothing you wear is more important than your smile!”

## PROPER CLEANING, STORAGE, AND USE

- ◇ Clean dentures over a sink filled with water or a soft, folded towel to avoid damage if dropped.
- ◇ Use a nonabrasive denture cleanser (conventional toothpaste, bleach, and vinegar are not designed for denture cleaning and could, in some cases, cause damage).
- ◇ Don't brush too hard! A soft bristle brush is best. We recommend using our denture brush we provide on your dentures, and a regular toothbrush for your mouth.
- ◇ **Clean your dentures daily and remove at night.** Removing your denture at night allows your gums to rest!
- ◇ When you aren't wearing your dentures, let them soak in warm/cool water or denture cleanser to avoid drying out. *Do not place your dentures in hot or boiling water.*
- ◇ Remove and rinse dentures after eating.
- ◇ **Schedule regular checkups with us!**

If you experience any of the following, please contact us: mouth sores, bleeding gums, denture slipping out, or visibly worn/broken.

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