



**FORDLAND CLINIC**  
A BURRELL HEALTH AFFILIATE

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## **HOMECARE INSTRUCTIONS FOR DENTURE WEARERS**

### **DO:**

- Clean your dentures everyday—Holding hands over a towel or soft cloth, hold dentures firmly in the palm of your hand, rinse food particles off of denture, use a denture brush or soft bristled toothbrush to gently brush denture.
- Rinse denture after eating
- Use denture cleanser if needed or dish soap to brush teeth, be sure to rinse well after use
- Soak dentures in water or denture solution when not wearing them
- ALWAYS rinse well with water after removing dentures from denture solution or using denture cleaners
- Keep dentures away from curious children and animals
- Visit your dentist if you develop any sore spots or dentures do not fit properly
- Visit your dentist once a year for regular oral health checkups

### **DO NOT:**

- Use abrasive toothpastes or household cleaners on your dentures
- Try to remove stains with steel wool, emery boards, sandpaper, or other materials that could scratch your dentures or affect their fit
- Try to adjust dentures on your own
- Wear dentures over night
- Leave dentures around pets
- Clean over an empty sink, if dropped, they could crack
- Forget to visit your dentist regularly for annual oral health checkups