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CLEANING DENTURES

1. Dentures should be removed at night and placed in water while you sleep.
2. Place dentures in a denture cleansing solution overnight, or at least 30 minutes daily.
3. Before soaking lightly brush dentures with a soft toothbrush. Do not use toothpaste to clean your denture; it will abrade your denture making it more susceptible to carry fungal infections. After soaking, thoroughly remove all cleanser by light brushing under tap water
4. To prevent breaking dentures, brush denture over a towel or over a basin half-filled with water.
5. Massage gums daily with a thumb, finger, or soft toothbrush for five minutes in the morning and five minutes in the evening.