



CARING FOR YOUR FLEXIBLE DENTURE HOME CARE INSTRUCTIONS

Flexible dentures, like your own teeth, require care and good oral hygiene. To keep your flexible denture looking and feeling like new, please follow these simple directions:

- 1) **Clean** your flexible denture regularly.
- 2) **Rinse** your flexible denture under running water after eating to remove any food particles. A sonic denture cleaner may also be used.
- 3) **Keep your flexible denture in water** whenever it is not being worn to keep the surface hydrated.
- 4) **Soak the appliance** in denture cleaner for 10-15 minutes each day, or overnight at least three times per week if it collects heavy deposits of calculus/tartar.
- 5) **Remove the appliance** before brushing your natural teeth and gums or rinsing with mouthwash
- 6) **Do NOT** use alcohol, abrasive cleaners, bleaches, whiteners, Listerine, etc. as they may breakdown or scratch the surface of the denture. Harsh products like bleach will turn the pink parts of your denture white.
- 7) **Avoid** brushing your flexible denture. This is **NOT** recommended as this may remove the polish and roughen the surface over time.
- 8) **Do NOT** use boiling water, the dishwasher, or the microwave to clean or soak your dentures because it will warp them.
- 9) Please keep your **regular dental appointments** and remember to always bring your flexible denture with you for routine evaluation.

Please reach out to us if you have any questions or concerns. Thank you for trusting us with your dental care! You made a great decision.