



### **Removeable Prosthodontic Care**

- Remove and rinse dentures after eating.
- Handle your dentures carefully. Be sure you don't bend or damage the plastic or the clasps when cleaning.
- Clean your mouth after removing your dentures. Use a soft-bristled toothbrush on natural teeth and gauze or a soft toothbrush to clean your tongue, cheeks, and roof of your mouth.
- Brush your dentures at least daily. Soak and brush them with a soft-bristled brush and nonabrasive denture cleanser to remove food, plaque and other deposits.
- Rinse dentures thoroughly before putting them back in your mouth, especially if using a denture-soaking solution. These solutions can contain harmful chemicals that cause vomiting, pain or burns if swallowed.
- Schedule regular dental checkups.
- See your dentist promptly if your dentures become loose. Loose dentures can cause irritation, sores, and infection.

#### **Do not:**

- Wear your dentures at night when sleeping. This may lead to bacterial and fungal infection of the tissue underneath the denture.
- Use abrasive cleaning materials.

#### **Contact Details**

021 493 3633 // 060 347 5056

INFO@CPDENTAL.CO.ZA