

DO'S AND DON'TS OF DENTURE CARE



DO'S



DO brush your gums, tongue, and roof of your mouth every morning before you put your dentures in



DO clean dentures daily using a denture brush



DO remove all food and plaque build-up when cleaning dentures



DO rinse dentures and soak them overnight with a denture tab or clean water



DO always rinse dentures before placing back into mouth



DO see a dentist if your dentures no longer fit

DON'TS



DON'T skip out on brushing your teeth if you have partial dentures!

you should still brush your remaining teeth twice a day!



DON'T soak your dentures in products that contain bleach or hot water

it could damage your dentures!



Kupuna Smiles

HDS
Hawaii Dental Service

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