

JD Dental

Instructions For Your New Dentures

1. Use a normal toothbrush to clean your dentures, soft to medium and small head such as 3.5. Hard tooth brushes will be too abrasive.
2. Use soap and water or a specific denture toothpaste. Normal toothpaste will be too abrasive.
3. Clean after meals when possible, rinse the denture.
4. Please do not use STERODENT or other solution types on a regular basis, especially if they are metal ones.
5. DO NOT wear them overnight, soak in clear water.
6. Stubborn stains and scale can be removed with Denclen and applied with its own brush. White wine vinegar is also an option. These acid type liquids will soften and make it easier to remove the debris.
7. When removing your dentures, lean over a full sink of water. If you drop the dentures into an empty sink there is a risk of breaking or cracking the denture.
8. If you wear full dentures, please remember to clean inside your mouth at least twice a day, making sure that you brush your gums and tongue.
9. If your dentures rub or are causing sores, please don't leave it, make an appointment to see your dentist. A very slight adjustment maybe all it takes but it can make a big difference to the comfort.
10. It is also very important to continue to see the dentist on an annual basis, they check your soft tissues and complete an Oral Cancer Screening.