

# Taking proper care of your dentures



## Clean dentures give you a good feeling

Your quality removable denture has enhanced your lifestyle. To ensure that it will last you a long time, you should clean your dental work daily. This will reduce the build-up of plaque. Inflammation of the gums and other oral tissue will be prevented. Your mouth will stay healthy, your denture will be kept clean and your breath will be fresh.

### Targeted cleaning with a denture brush

You can clean your removable dental work with a specially developed denture brush. Due to its particular shape and soft bristles, difficult-to-reach areas can be cleaned easily and quickly. Interdental brushes are suitable for the daily cleaning of combination dentures. These brushes are designed for cleaning the spaces between teeth, implant abutments and other structures.

A non-abrasive cleaning agent such as Cervitec® Gel from Ivoclar Vivadent should be used for cleaning dentures. The gel removes any food particles and bacteria on the denture, but does not harm its surface. For a fresh taste, place your denture in water and add a special cleaning tablet. This step, however, does not replace daily cleaning with a brush.

## Clean dental work lasts longer

By cleaning your denture every day, you will increase your well-being, because your breath will be fresh and your denture will be comfortable to wear.

### Simply follow this routine:

- Remove your denture after every meal and carefully clean between the teeth. Rinse your mouth and dentures with water. These cleaning measures also apply to implants and other structures that are anchored in the mouth.
- Before you clean your dental work, place a towel in the wash basin or fill the basin with water to prevent the denture from breaking if it should fall while you are cleaning it.
- Clean the inner and outer areas of the pink part of the denture which touches the oral tissue.
- After brushing the denture, rinse it under running water.
- Clean your teeth.
- Clean your gums with a suitable mouth rinse and massage the toothless areas with a soft brush.



## Note the following when cleaning your dentures:

- Do not scrape off deposits with a sharp instrument. This will damage the denture surface and make cleaning more difficult.
- Alcohol, vinegar, solvents and detergents are not suitable for cleaning dentures. They will harm the surface and cause staining.
- Cleaning in the dishwasher or with boiling water may turn the pink parts of your denture white. Moreover, the denture can lose its shape, which will cause pressure points.



## Professional tooth cleaning in the dental practice

Your denture has been specially made to fit your mouth. Make sure to keep your denture in shape and take care of it properly. Have your denture checked regularly by your oral health care provider. Ultrasonic cleaners can also be used to care for dentures. They remove plaque, tartar and tea and nicotine stains effectively and gently.

If you have any questions, please ask your dental health care team. They will gladly assist you.



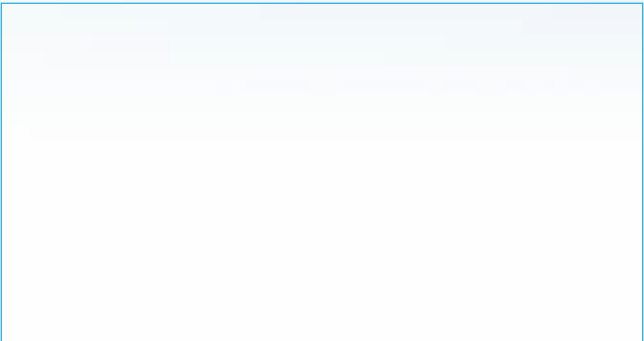
Recommended brushes for cleaning your dentures:

Denture brush (1), soft toothbrush (2), interdental brush (3)

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Practice/Laboratory stamp:



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