

## DENTURE HOME CARE – SPECIFIC INSTRUCTIONS FOR FLEXIBLE DENTURES

**Caring for your dental appliance is part of maintaining good oral health. To keep your appliance looking and feeling like new, please follow these simple recommendations.**

- Continue to brush your natural teeth and gums as directed by your dentist.
- Rinse your appliance under warm running water to remove any food particles.
  - **Optional:** Gently brush your appliance with a soft denture brush using **water only**. Rinse again.
- Place appliance in a denture cleaner specifically for flexible dentures (such as ValClean or TCS Concentrated Dental Appliance Cleaner).
  - A box of **ValClean** contains 12 sachets, each a month of cleaning. Mix approximately  $\frac{1}{4}$  of a sachet of ValClean into a cup, approximately 250ml, of warm water. Allow the solution to stand for 3 minutes. Place the denture in the solution for **15 minutes**. **NB** some appliances may need occasional soaking overnight to remove tough stains. Rinse the denture thoroughly under running water after soaking. Use the solution for 7-10 days then discard and replace it. *If you find it too fiddly to use  $\frac{1}{4}$  of the sachet at a time, it is OK to use half of the sachet in a solution for 14 days and then replace it. One method of doing this is to tip the contents of the sachet on to a piece of tinfoil. Divide the powder into two and use half, twisting the remaining half into the tinfoil to keep to use later.*
  - A box of **TCS** contains 24 sachets, each a week of cleaning. Mix one sachet of TCS into a cup, approximately 250ml, of warm water. Allow the solution to stand for 3 minutes. Place the denture in the solution for **30 minutes**. **NB** some appliances may need occasional soaking overnight to remove tough stains. Rinse the denture thoroughly under running water after soaking. Use the solution for 7 days then discard and replace it.
- When possible, keep your appliance in water or a denture solution when you are not wearing it.
  - **REMEMBER** to run your denture under hot water (from the hot tap) for about 5 seconds to soften it before putting it into your mouth.
- If your denture has a soft lining (flexible partial dentures are not considered soft liners) do not soak it for more than 30 minutes per cleaning.

**DO NOT** use bleach, toothpaste or similar cleaning products – these may scratch or discolour the surface of your appliance.

**CAUTION:** Do not put powder or powder solution in your mouth.

**DO NOT TRY TO MAKE ADJUSTMENTS OR REPAIRS YOURSELF**