



## **Denture Care Instructions**

1. The first night leave the denture in all night. The rest of the time, take the denture out while sleeping.
2. Take out the denture after each meal and clean it by running under water. Also, rinse your mouth to get any debris out from under the denture.
3. Clean your denture with soap and water (use special denture brush)- no toothpaste
4. Use a denture cleanser as needed (Fixodent, Efferdent, Polident- whichever brand you prefer)- You will typically soak your denture overnight in the cleanser.
5. If you should develop any sore spots or should the partial/denture become loose, please call the office for an appointment. (804) 423-1600
6. Set up an annual exam of the denture- Evaluate the fit and wear of the denture. Also complete an oral cancer exam as well.