



Cleaning Dentures

1. Dentures should be removed at night and placed in water while you sleep.
2. Place dentures in Clorox-Calgon Solution overnight, or at least 30 minutes daily.
3. After soaking, thoroughly remove all cleanser by light brushing under tap water. Lightly brush dentures with a soft toothbrush. Denture brushes with stiff, coarse bristles can cause wear to the denture materials.
4. To prevent breaking dentures, brush denture over a towel or over a basin half-filled with water.
5. Massage gums daily with a thumb, finger, or soft toothbrush for five minutes in the morning and five minutes in the evening.

CLOROX-CALGON SOLUTION

(a low-cost, effective cleanser for dentures)

Formula: 1 teaspoon Clorox
 2 teaspoons Calgon
 6 ounces water

Notes: *Calgon* is a water softener which is available at some grocery stores. Do not use Calgonite (a dishwasher detergent) or Calgon Bath Oil Beads.

 Do not use this solution on dentures that have metal components.

 Do not use this solution on dentures that have a soft lining.

 Soaking dentures in this solution for a minimum of 30 minutes is required to kill most bacteria.