

TrueDent Denture Care Guide

With proper daily care, they will last longer and serve you better.

Daily Cleaning:

When handling dentures outside the mouth, use a folded towel or filled sink to prevent damage if dropped.

- Remove dentures overnight to rest your gums.
- Rinse to remove food or denture adhesive residue.
- Gently brush all surfaces with a denture brush or a soft-bristled toothbrush, focusing especially on the gum area.
- Soak in a commercial denture cleanser to disinfect, remove stains and plaque. Make sure to follow the manufacturer instructions.
- In addition, or as an alternative to commercial cleansers, TrueDent dentures can be cleaned with mild hand soap.
- Rinse thoroughly before wearing it again.

Prevent Stains:

- Clean dentures immediately after consuming foods such as tomato sauce, red wine, beets, berries, and coffee.
- Avoid tobacco use.
- Treat stains early before they set in and become difficult to remove.

When to call your doctor:

- If your dentures feel uncomfortable, make noise when you talk or eat, appear visibly worn or broken.
- If you develop sores, bleeding gums or bad breath.
- Regular dental appointments are an essential part of your oral health. Schedule regular checkups with your dentist every 6 months.

Caution:

- Using bleach, vinegar, boiling water, or stiff brushes can damage dentures.
- Never place it in the dishwasher.
- Do not use denture cleansers inside the mouth.



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