

Looking after your dentures

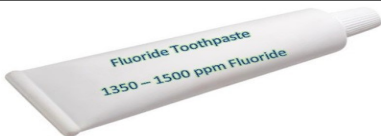


Clean your dentures over a cloth in a bowl or a sink.

So that if you drop them they won't break.



Clean your dentures every day with a small tooth brush or denture brush.



Clean your dentures with soap, toothpaste or denture cleaner.



Soak your dentures in denture cleaner at night.

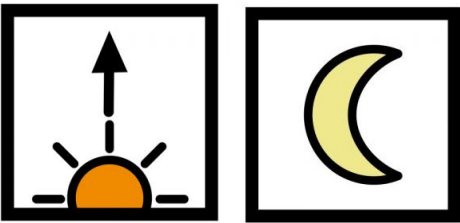


Rinse the Dentures under water.



Leave your dentures out when you go to bed.

Keep them in water in a glass or false teeth box.



Brush your false teeth in the morning and at night before you go to bed.



Visit your dentist every 6 months or as often as they say.

If you do not have a dentist you can find one by visiting www.nhs.uk or calling 111.

The Learning Disability team can also help you. South LD Team 01865 903100, City LD Team 01865 904555, North LD Team 01865 903500.

If you have some of your own teeth as well as dentures it is very important to clean your teeth too. Please ask for our 'keeping your teeth healthy' leaflet.

Oxfordshire Community Dental Service
Oxford Health NHS Foundation Trust, Astral House, Granville Way, Bicester, OX26 4JT
Email: Oral.Health@oxfordhealth.nhs.uk Telephone: 01865 904076 Website: www.oxfordhealth.nhs.uk

Health and social care professionals may order this and other resources from hpu.oxfordhealth.nhs.uk

Easy read leaflet OH 059.19