



## **Cleaning Complete Dentures Homecare Instructions**

1. Dentures should be removed and placed in water or cleanser while you sleep.
2. Place dentures in Clorox-Calgon Solution overnight, or at least 30 minutes daily. (This will kill most bacteria in a minimum of 30 minutes.)

FORMULA: 1 Teaspoon Clorox  
2 Teaspoons Calgon\*  
Mix in 6 oz. Water

\*Calgon is a water softener which is available at grocery stores. Do not use Calgonite, which is a dishwasher detergent or Calgon bath oil beads.

After soaking, thoroughly remove all cleanser by light brushing under tap water.

DO NOT place dentures with metal parts in this solution. It will corrode the metal.

DO NOT place dentures with soft lining in this solution. It will destroy the lining.

3. Lightly brush dentures with a denture brush or nylon toothbrush.
4. To prevent breaking dentures, brush dentures over a towel or over 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 or as directed.

If you have any questions or concerns, please call our office.

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