

## Let your dentist see your smile every year.

- Once a year, you should have a preventative oral exam, and your dentures should be checked for overall fit and for weak areas that may eventually crack or fracture.
- Dentures should not hurt. If your dentures cause soreness or irritation that persists, or if you notice a chip, crack or fracture in your dentures, call your dentist.
- As time passes, your mouth changes, and your dentures may become loose or unstable. This can cause chewing problems. Your dentures will need to be relined periodically and are recommended to be replaced every 5 to 7 years.



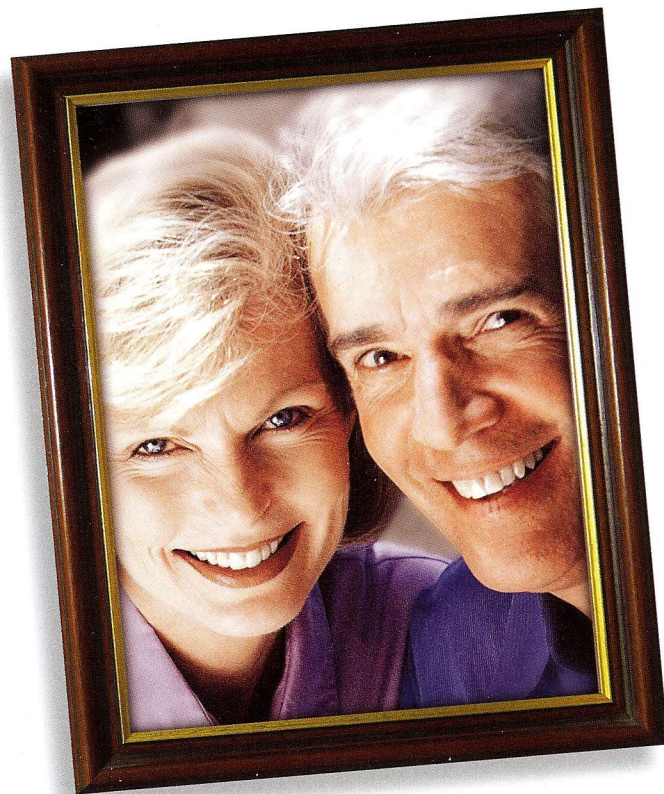
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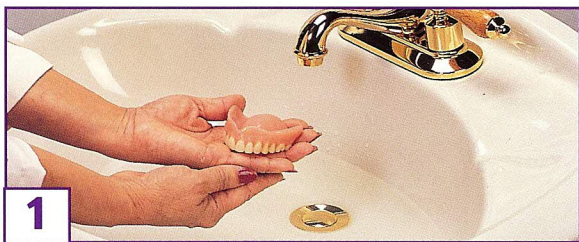
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# How To Keep Your New Smile Looking Its Best



## Cleaning and Care Guide

For a healthy mouth and fresh breath, clean your dentures every day.



1

Dentures do break. Always fill the sink with water, then clean your dentures over the sink – just in case they slip out of your hands by accident



2

Rinse your dentures thoroughly to remove loose food particles. Use cool or warm water. Never use hot water – it can warp your dentures.



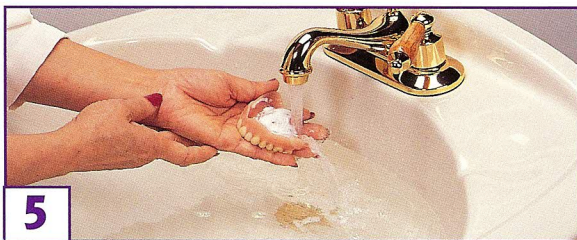
3

Apply a denture-cleaning paste to a moistened denture brush or a soft-bristled toothbrush. Do not use ordinary toothpaste, bleach, vinegar or soap unless directed by your dentist.



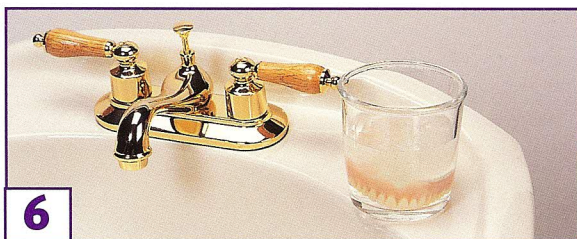
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Use the denture brush to clean all surfaces thoroughly – not just the teeth.



5

Rinse dentures well under the faucet to remove all traces of cleaning paste.



6

While you sleep at night, soak your dentures in a cleanser recommended by your dentist.

7

Brush your gums, tongue and palate with a soft-bristled regular toothbrush to remove plaque and stimulate circulation. Then reinsert your dentures.

8

To give your mouth an extra fresh, clean feeling, rinse with a mouthwash several times a day.