



Dr. Bruce R. Neumann DDS  
780-458-7792

St. Albert Summit Dental Centre  
[www.bruceneumanndds.ca](http://www.bruceneumanndds.ca)

## **MY NEW DENTURES**

- Brush your dentures **TWICE DAILY** with a soft toothbrush using toothpaste or a denture cleaning paste.
- Rinse your dentures after eating. This could be as simple as drinking some water after you eat.
- It is best to remove your dentures overnight, or as long as you can during the day, to allow your gums to rest. Always place your dentures in water when leaving them out for any length of time. This will help to prevent them from drying out and distorting.
- Denture cleansing tablets such as Polident® can be used nightly or as often as needed, to keep your dentures clean.
- Disinfect your dentures 2-3 times a week by soaking them in an antibacterial mouth rinse.
- Brush your gums and tongue with a wet toothbrush to massage them and reduce inflammation.
- Have your dentures inspected and cleaned with an ultrasonic cleaner, at our dental office, at least once a year.

This form is provided for information and education purposes only.  
Please use it for your benefit and contact our office if you have any additional questions.