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## Denture Care Instructions

1. Take dentures out overnight to allow the gums to be bathed in saliva.
2. Keep dentures away from direct sunlight, heat, and pets.
3. Clean dentures by brushing them with either a denture brush or tooth brush. Plain cavity tooth paste (do not use whitening, tartar control, or total care) or bar soap can be used. Rinse in cool water.
4. If a soak is desired, soak for only 10 minutes. After 10 minutes, remove denture and brush to remove loosened debris. We recommend using an over the counter denture cleaner for most denture wearers.  
If you have debris and hard deposits, you can try: equal parts vinegar to warm water, soak for 8 hrs. then clean with toothbrush and paste to remove debris, or mix one Tbsp. baking soda with one cup of warm water and soak for 30 min. Rinse and after soaking and brush with toothbrush and paste. **DO NOT** use bleach on denture unless directed specifically by Dr. Bond.
5. Store denture in a clean container of cool water. Distilled water does work best especially for those with hard or rusty tap water.