



RED BARN DENTAL

Christopher Armento, D.M.D. | Lisa Indelicato, D.M.D.

Cleaning Your Dentures

- Clean your dentures every day. Cleaning dentures daily with a denture brush and soaking them in a cleaner solution will help keep your dentures looking fresh and bright, while preventing plaque build up and denture odor.
- Rinse and brush you dentures in clean warm water with a denture brush.
- When cleaning dentures don't brush too hard to avoid any unwanted damage to plastic or metal parts of the denture surface.
- Brush your gums, tongue and any natural teeth with a fluoride toothpaste. This will help remove plaque from your teeth, stimulate circulation in your mouth, and help maintain good oral health.
- Never try to adjust your dentures yourself. This might cause harm to your mouth or damage your dentures.
- Visit Dr. Christopher Armento and Dr. Lisa Indelicato at Red Barn Dental for any adjustments and for routine cleanings every 6 months. Even if you wear a full denture and have no remaining teeth it is important to visit once a year for soft tissue and oral cancer exams.