

## CLEANING DENTURES

1. Dentures should be removed at night and placed in water while you sleep.
2. Place dentures in Clorox-Calgon Solution overnight, or at least 30 minutes daily.
3. After soaking, thoroughly remove all cleanser by light brushing under tap water. Lightly brush dentures with a soft toothbrush. Denture brushes with stiff, coarse bristles can cause wear to the denture materials.
4. To prevent breaking dentures, brush denture over a towel or over a 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.

## CLOROX-CALGON SOLUTION

*(a low-cost, effective cleanser for dentures)*

**Formula:** 1 teaspoon Clorox  
2 teaspoons Calgon  
6 ounces water

### Notes:

- *Calgon* is a water softener which is available at some grocery stores. Do not use Calgonite (a dishwasher detergent) or Calgon Bath Oil Beads.
- Do *not* use this solution on dentures that have metal components.
- Do *not* use this solution on dentures that have a soft lining.
- Soaking dentures in this solution for a minimum of 30 minutes is required to kill most bacteria.