

Looking after mouths

Natural Teeth



- Ensure good fluid intake
- Brush teeth & gums twice daily for 2 minutes
- Use a pea-sized amount of fluoride toothpaste
- Spit out excess toothpaste and avoid rinsing with water.
- Brush tongue to remove any debris

Dentures

NIGHT

Remove denture from mouth. Rinse in cold water. Clean as you would during the morning and store overnight in a labelled pot.



MORNING

Rinse denture in cold water and brush all surfaces with liquid soap & water or denture cream. Rinse well before putting in the mouth.



DURING THE DAY

Remove dentures after every meal and rinse under cold running water to remove debris.



Dentures shouldn't be worn at night

Risks to good oral health



- Very dry mouth
- Smoking and/or alcohol
- Sip-feeds and nutritional supplements
- Ulcers, red or white patches which don't heal for two weeks.

Ask the dental team for advice!