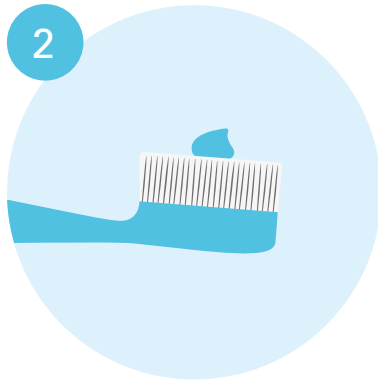


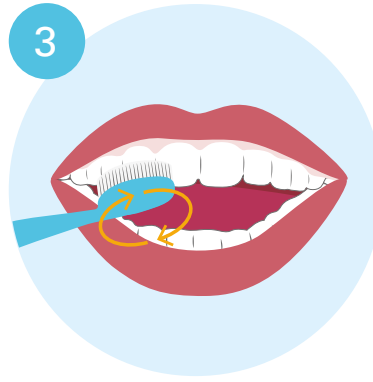
How To Brush



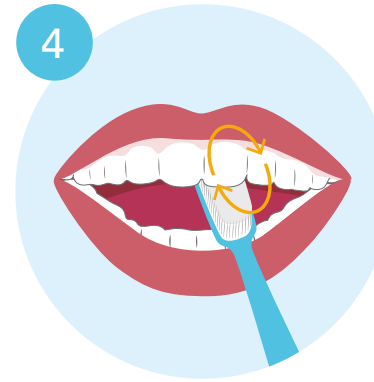
1 Brush in the morning and at night before going to bed.



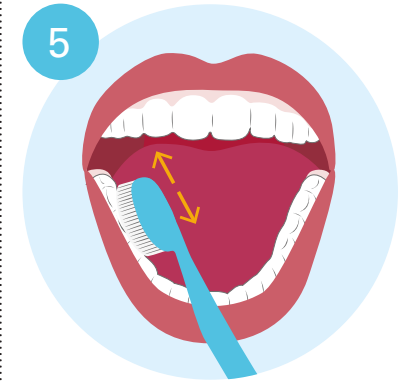
2 Use a pea-sized amount of toothpaste on a soft toothbrush.



3 Brush teeth and along the gum using a gentle circular motion. Start with the outside surfaces.



4 Repeat on the inside surfaces.



5 Use a light back and forth motion on the chewing surfaces. Spit out toothpaste, but don't rinse with water.

Be sure to brush all surfaces: top and bottom, left and right, front and back.



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Denture Care



1
Clean dentures in the morning and at night. Do this over a sink of water or towel to reduce the risk of breaking if dropped.



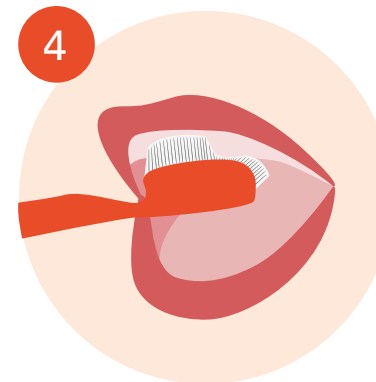
2
Use mild liquid soap on a soft toothbrush or denture brush.



Don't use toothpaste to clean dentures



3
Brush all surfaces of the denture well. Rinse with cold water.



4
Also clean the gums and tongue using a soft toothbrush in the morning and at night.



5
Take dentures out before you go to sleep at night. Keep cleaned dentures in a dry container overnight.

Have dentures checked regularly by an oral health professional to make sure they still fit and work well.



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