



## **REMOVABLE APPLIANCE INFORMATION**

To keep your new dentures looking and feeling like new, please follow these simple directions:

1. Clean your appliance regularly. Any good denture cleanser purchased from the drug store may be used. With this cleaner, you will need to rinse the appliance under running water to remove any food particles and then soak it in the cleaner for 15-30 mins a day, or overnight 3 times a week. Be sure to rinse the appliance after soaking it in the cleaner.
2. If possible, after eating rinse your appliance to remove any food particles.
3. Keep the appliance in water or in denture cleaner whenever it is not being worn to keep the surface hydrated.
4. Brushing the appliance is unnecessary. However, if food particles remain on your appliance after rinsing, they may be removed with a very soft brush.
5. Remember to brush your natural teeth and/or gums regularly as directed.
6. Avoid bleach, peroxide, or similar cleaning agents for cleaning your appliance, for these may effect the natural hue of your dental appliance.
7. Toothpaste and harsh toothbrushes may scratch or dull the surface of the appliance.
8. Please keep your appliance out of reach of pets. Our little friends find dental appliances to be attractive chew toys.
9. Do not drop or squeeze your appliance it is made of a polymer and will break. Please handle the appliance with due care.

**Contact First Impressions Family Dental Care if you experience any discomfort from the appliance. We urge you to maintain your natural teeth as long as possible. Please visit us regularly to monitor your appliance.**