



CLEANING DENTURES - COMPLETE DENTURES ONLY

1. Dentures should be removed and placed in water or cleanser while you sleep.
2. Through experience, it is 6 Day's opinion that a Clorox-Calgon Solution is the best way to clean your complete dentures. Place dentures in the Clorox-Calgon Solution overnight, or at least 30 minutes daily. (This will kill most bacteria in a minimum of 30 minutes).

FORMULA: 1 teaspoon Clorox
 2 teaspoons Calgon*
 Mix in 6 oz. water

* Calgon is a water softener which is available at grocery stores. Do not use Calgonite which is a dishwasher detergent or Calgon Bath Oil Beads.

- After soaking, thoroughly remove all cleanser by light brushing under tap water.
 - Do not place dentures with metal parts in this solution. It will corrode metal.
 - Do not place dentures with soft lining in this solution. It will destroy the lining.
3. Lightly brush dentures with a soft nylon toothbrush (Oral B-40, Lactona S-19, Ply-co-pay Softex). Denture brushes with stiff, coarse bristles can cause wear to denture materials.
 4. To prevent breaking dentures, brush dentures over a towel or over 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 or as directed.