## How to brush





Use a pea-sized amount of toothpaste.

Aim the toothbrush at an angle towards the gum line.



Use a gentle circular motion.



Repeat on the inside surfaces.



Use a light back and forth motion on the chewing surfaces.

## **Denture care**

- Clean dentures with a denture brush or toothbrush, mild soap and water over a soft towel or half filled hand basin.
- Clean all surfaces to remove plaque and food debris.
- Store dentures in a container of water overnight.



