How to brush

1. Use a pea-sized amount of toothpaste.
2. Aim the toothbrush at an angle towards the gum line.
3. Use a gentle circular motion.
4. Repeat on the inside surfaces.
5. 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.