



Cleaning your Valplast or Partial Dentures

Looking after your mouth

You should rinse your mouth out with warm water after eating. This helps to stop food from becoming trapped under the denture and aggravating your gums. You should do this before you wear your dentures after cleaning them also. You can use a mouthwash if you prefer as this will neutralize any bacteria that may be present.

Brushing your gums with a soft brush is also beneficial as it stimulates the blood flow to the areas and removes any build-up of plaque, bacteria and old skin cells.

Regular visits with your dentist and hygienist are important for any remaining teeth.

Cleaning your denture

The best way to clean your dentures is with a soft toothbrush.

This is to stop excess wearing on the teeth and acrylic. Dishwashing liquid or soap is the best for cleaning as it isn't abrasive on the acrylic.

Polydent tablets, Strident tablets or Val-Clean™ Concentrated Denture Cleaner will safely, quickly and effectively maintain the cleanliness of appliance. Val-Clean™ is available

directly from [the !\[\]\(d3102649f02e825ddb76dc3de0190154_img.jpg\) dentists](#), the liquid reaches in between the teeth where the toothbrush can't reach and it also helps to eliminate any bacteria present.

You should never use bleach on your denture as this can affect the strength and colour of the acrylic.

Val-Clean™

Val-Clean™ Concentrated Denture Cleaner will safely, quickly, and effectively maintain the cleanliness of your removable dental appliance. Val-Clean™ is available directly from

[the !\[\]\(4f6bf54ae7e4144a72d78316053e412d_img.jpg\) dentists](#)

To mix Val-Clean™ solution mix one teaspoon or quarter of packet into your denture bath or container add warm water and let mixture sit for 3 minutes. Soak your denture for 10-15 minutes a day, or overnight at least three times a week. Solution can be kept for 7-10 days after which you will need to discard and mix up fresh solution.

Note:

Your local technician is the best person to give your dentures a thorough clean. This should be done at least once a year and will allow the technician to check the denture for any problems.