Four simple steps to keep dentures at their best

1. **BRUSH YOUR DENTURES DAILY**
   - Use a non-abrasive cleaner, not toothpaste

2. **SOAK YOUR DENTURES DAILY**
   - Use a denture cleanser to remove more plaque and clean your dentures

3. **LEAVE YOUR DENTURES OUT AT NIGHT**
   - Helps to relieve any soreness and prevent infection

4. **VISIT YOUR DENTAL PROFESSIONAL REGULARLY**
   - Ensures your mouth remains healthy

A simple daily routine for clean dentures that promotes well-being and general health

The White Paper on Optimal Care and Maintenance of Full Dentures for Oral and General Health was sponsored by GSK and developed by a global task force of dental health-care professionals convened by the Oral Health Foundation. Access the White Paper at: www.dentahealth.org/denturecareguidelines

This infographic has been produced by GSK in collaboration with the Oral Health Foundation. For more information, and to download and print additional copies for your practice please visit: www.dentahealth.org/denturecareguidelines