



DENTURE / ORAL HYGIENE FOR DENTURE STOMATITIS

1. Ideally, leave the denture out at night.
2. Brush the teeth and the denture thoroughly twice a day. Take care to brush all surfaces of the denture and teeth.
3. Soak the dentures in “Milton” solution for 20 minutes a day (dilute as recommended for sterilising babies bottles) and rinse the denture after.
4. Rinse your mouth twice a day with antiseptic mouth wash (preferably chlorhexidine eg. “Corsodyl”).
5. Take any additional prescribed medication as directed.