1. Assemble all supplies you need

2. Upper – hold the upper front teeth with the thumb & index finger and move the denture up and down until the vacuum is broken. Then remove the denture at a sideways angle.

3. Lower – gently press down on the one side of the denture until it lifts slightly. Then remove denture carefully.

4. Place paper towels or a clean washcloth in the sink to help stop the dentures breaking if dropped. Then use a soft toothbrush or denture brush and mild soap to clean dentures.

5. Gently brush all teeth surface and both sides of the dentures.

6. After cleaning at night, place dentures overnight in a denture cup or glass of water with Steradent or Polident.

7. To place the denture back in the mouth, insert the upper denture first and then the lower denture. Hold the denture sideways while inserting and then rotate into position.

If you are using commercial denture cleaners like Steradent or Polident always follow the instructions on the packaging as different products have different soaking times.