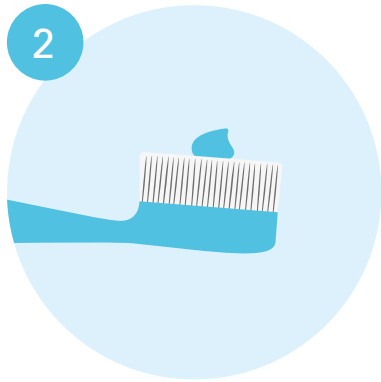


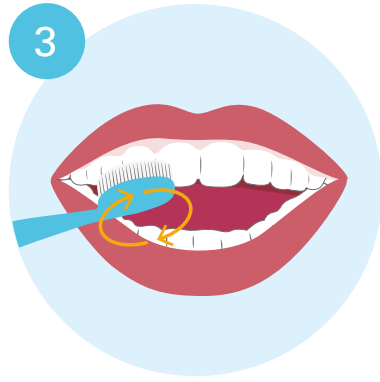
How To Brush



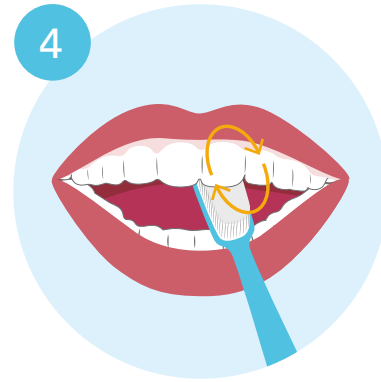
1 Brush in the morning and at night before going to bed.



2 Use a pea-sized amount of toothpaste on a soft toothbrush.



3 Brush teeth and along the gum using a gentle circular motion. Start with the outside surfaces.



4 Repeat on the inside surfaces.



5 Use a light back and forth motion on the chewing surfaces. Spit out toothpaste, but don't rinse with water.

Be sure to brush all surfaces: top and bottom, left and right, front and back.



dental health
services victoria
oral health for better health

Denture Care



1 Clean dentures in the morning and at night. Do this over a sink of water or towel to reduce the risk of breaking if dropped.



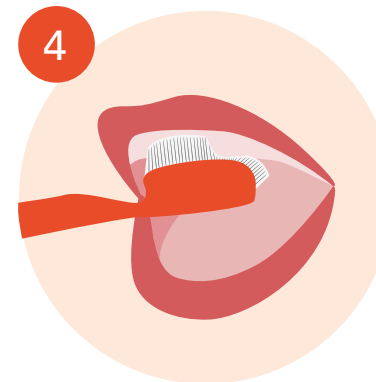
2 Use mild liquid soap on a soft toothbrush or denture brush.



Don't use toothpaste to clean dentures



3 Brush all surfaces of the denture well. Rinse with cold water.



4 Also clean the gums and tongue using a soft toothbrush in the morning and at night.



5 Take dentures out before you go to sleep at night. Keep cleaned dentures in a dry container overnight.

Have dentures checked regularly by an oral health professional to make sure they still fit and work well.



dental health
services victoria

oral health for better health