

# Four simple steps to keep dentures at their best

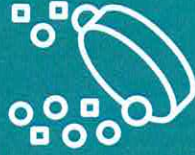
1



**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  
disinfect your dentures*

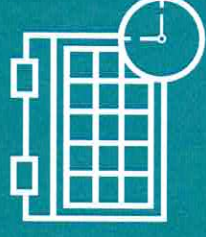
3



**LEAVE YOUR DENTURES  
OUT AT NIGHT**

*Helps to relieve any soreness  
and prevent infection*

4



**VISIT YOUR  
DENTIST REGULARLY**

*Ensures your mouth  
remains healthy*

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

Practice stamp:

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