Fill the sink with water and add some washing up liquid.

Take your dentures out of your mouth and brush them in the soapy water with a toothbrush.

Turn on the cold tap and wash your dentures.

Soak your dentures in a dental solution for 15-20 minutes once a month. This does not apply to metal dentures.

Keep your dentures in a named container

Don’t forget to brush your mouth twice a day.

Visit your Dentist at least once a year