

# How To Clean Your Dentures

Cleaning your dentures every day is one of the most important things you can do to help your smile keep its attractive appearance. If you don't, plaque can form on dentures, making them less bright. Plus, failure to clean your dentures regularly can result in staining and denture odour, as well.

Effective cleaning of dentures is of considerable importance to your general well being and oral health.

Here are a few sample tips :



**1.** Dentures can break, so always fill the sink with water, then clean your dentures over the sink, just in case they slip out of your hands by accident.

**2.** Rinse your dentures thoroughly to remove loose food particles. Use cool or warm water. But never use hot water - it can warp your dentures.



**3.** Apply a denture cleaning paste to a moistened denture brush or a soft-bristled toothbrush. Do not use ordinary toothpaste, bleach, vinegar or soap unless directed to do so by your dental professional.



**4.** Brush all surfaces thoroughly. Avoid using brushes with stiff bristles, as they can damage the denture material.

**5.** Rinse dentures well under the faucet to remove all traces of cleaning paste.



**6.** While you sleep at night, soak your dentures in a cleanser.

**7.** Brush your gums, tongue and palate with a soft-bristled regular toothbrush to remove plaque and stimulate circulation.

**8.** To give your mouth an extra, fresh clean feeling, rinse with a mouthwash several times a day.

**COOLICAN**  
*Denture  
Clinic*



**a ::** 1862 David Low Way  
Coolum Beach Q 4573

PO Box 321, Coolum Beach Q 4573

**e ::** coolican@spiderweb.com.au

**w ::** www.coolicandentureclinic.com.au

**p ::** 5446 1884

**f ::** 5473 9673

abn. 55 945 064 462

**COOLICAN**  
*Denture  
Clinic*

Come in and see  
Paul & Amanda Coolican today!

## OUR TECHNICIAN



Paul has lived and worked as a dental technician on the Sunshine Coast since 1985 owning and operating dental laboratories in Maroochydore, Pomona and Coolum Beach.

He has kept continuously abreast of the times, now having completed the first advanced diploma in dental prosthetics offered in Queensland. This allows him to use his many and varied skills as a technician in the clinical arena. He is well abreast of all the latest technology and will point you in the correct direction taking into account any parameters. He is well respected amongst the dental profession and manages the technical affairs of most local and many regionally adjacent dental professionals in our district.

## OUR OFFICE

Our regular office hours are from 9am until 5pm Monday through Friday, however these can be extended by need and appointment. On the weekend a recorder will answer your call and take any messages. Our office manager has complete charge of appointments, she will endeavour to reserve a time that is convenient to you. We understand that your time is as important as ours and will make every effort to keep our schedule on time.

We ask for 24 hours advance notice be given for any change of appointment.

We endeavour to see emergencies as soon as possible. We will treat the immediate problem and then re-schedule you for any further necessary treatment.



## INITIAL EXAMINATION

Each patient that we have the distinction to serve is entitled to and will receive a thorough examination. This examination includes an oral examination and any diagnostic models that may be necessary to make an accurate analysis of your mouth. At this time an estimate of the fee involved will be given.



## PAYMENT POLICIES

When extensive treatment is required, an estimate of the fee will be supplied before services are initiated. The office manager will explain our payment policies and make financial arrangements that are mutually satisfactory.

The fee for treatment requiring a single office appointment is payable at the conclusion of the appointment.

Please feel free to make inquires about our fees, or your dental treatment. You will find the staff most capable, sympathetic and courteous in providing this information.

## INFECTION CONTROL POLICY

In this office we use a variety of barrier techniques for your individual protection. These techniques include gloves, masks, protective eye shields and coverings, protective clothing and when necessary specialised intra-oral devices.

Our staff regularly attend meetings on safety standards and we implement all of the latest WHS standards and recommendations of The Australian Dental Prosthetists Association.

## PERIODIC EXAMINATION

We share the desire of all of our patients to minimise the need for extensive treatment. This can only be done by regular denture examinations which can detect any issues before it becomes extensive.

At the conclusion of your treatment you will be placed on a Preventative Recall Program, which requests you to return at a specified time for re-examination. Your current maintenance schedule will be reevaluated.



## CONTINUING EDUCATION

To keep abreast of new techniques, our staff attends a variety of educational workshops, lectures and forums throughout the year. In this way we are keeping abreast of the latest technologies.

Our office is always receptive to suggestions that might be useful to improve our service to you.

**COOLICAN**  
*Denture  
Clinic*