

VALPLAST

PATIENT INFORMATION

Cleaning Instructions

Rinse your appliance under running water. Loose particles can be removed with the use of a specially-designed Denture Brush.

Soak your appliance in Denture Cleanser for 10-15 minutes daily. You may also soak your appliance overnight 3 times a week for effective cleaning.

Your dental appliance should remain hydrated when you are not wearing it. Store your appliance in plain water whenever it is not being worn.

Helpful Tips

- Chewing gum is not recommended
- Avoid sticky foods
- Can impact speech
- Eat soft foods cut into smaller pieces
- Chew on both sides to keep pressure even

