

Dental "Recipes"



To Remove Hard Deposits on Dentures:

Vinegar Solution



Ingredients:

- 1-2 tsp of white household vinegar
- 1 cup of water

Directions:

- Mix. Soak denture *overnight* in solution; brush denture thoroughly and rinse well
- May need to soak 2-3 times to loosen tough, hardened deposits

Sodium Hypochlorite Solution



Ingredients:

- 1Tbsp of sodium hypochlorite (*household bleach*)
- 2 tsp Calgon
- 4 oz (1/2 cup) of water

Directions:

- Mix to dissolve ingredients; soak denture in solution for **10 minutes maximum!**
- Brush denture thoroughly and rinse well

Caution: DO NOT use vinegar or bleach solutions on dentures with *metal parts* as they will corrode!

**NOTE:* The denture cleaning recipes are recommended for loosening hardened deposits (calculus/tartar) on dentures but their use does not replace daily denture care.

For Dry Mouth Comfort Care:

Canada Dry Club Soda as a mouthrinse

- A refreshing, comforting mouth rinse that can be used full strength as often as needed
- Safe for those who are prone to swallowing prepared mouthrinses
- Has astringent and anti-bacterial properties (*contains salt and sodium bicarbonate*)
- Canada Dry Club Soda is recommended



For Chronic Nausea/Vomiting:

Baking Soda/Salt Solution

Ingredients:

- 4 cups water
- 1 tsp. baking soda
- 1/2 tsp. salt



Directions:

- Mix ingredients together, use as a mouthwash, do not swallow
- Helps to neutralize acid after vomiting due to morning sickness, bulimia, chemotherapy, GERD (*gastrointestinal reflux disorder*)
- Caution:** wait 30 minutes after vomiting, then brush using a toothpaste with fluoride, reduces chance of weakening enamel

