



APPLICATION AND REMOVAL OF DENTURE ADHESIVE

APPLICATION

Due to the existing conditions in your mouth, your Dentist may have prescribed the use of a denture adhesive. If properly used in small amounts, this will help make your denture more stable and stay in better.

1. We recommend Fixodent paste. You can find this anywhere toothpaste and dental products are sold.
2. Dispense a small amount of paste onto a clean, dry denture surface. For an upper denture, the paste should be placed in the center of the palatal surface, and for a lower, three small pea sized dots should be spaced down the center groove.
3. Spread the paste with a clean, dry finger over the entire surface that will contact your gums. This should result in a thin, even layer of adhesive.
4. The denture should be dipped in a container of cool water to moisten the adhesive for about 20-30 seconds.
5. The denture is then placed in the mouth and firmly seated with even pressure on both sides for about ten seconds.

REMOVAL

Use of an inexpensive, battery powered electric toothbrush (Crest Spin Brush) with a small amount of toothpaste can make cleaning of the denture and gums easier and more effective. This helps to stimulate your gum tissue and promotes fresher breath.

1. Remove dentures and thoroughly scrub entire denture with electric toothbrush. This won't remove all of the adhesive, but will loosen it.
2. The denture is then submerged in a container of warm water while scrubbing with the electric toothbrush. Use firm pressure. Clumps of adhesive will be seen rising to the surface of the water. Continue until the entire denture is free of adhesive.
3. To clean and stimulate the gums, use a small amount of toothpaste and gently massage all of your tissue that touches the denture (gums and palate) as well as your tongue. At first this may cause a tingling sensation, but this will disappear after repeated use.
4. Next, hold some warm water in your mouth and continue to use the brush to massage all of your tissue. Spit and repeat until water is clear of any adhesive.