



HOW TO USE DENTURE ADHESIVE

If your denture or partial denture is relatively new (within a few years old), the inside surface that contacts your gums probably fits well. Using too much denture adhesive can cause problems for the denture fit over time. For help with extra retention of your denture, we recommend the following:

- Thoroughly dry the inside surface of the denture with a towel or paper towel.
- Place a very small (green pea-sized) amount of adhesive in the deepest area(s) of the inside surface of the denture (which contacts the highest portion of gums, or “ridge”). Do not place any adhesive in the middle of the palate of an upper complete denture.
- Using a dry index finger, smear the adhesive along this area so that only an extremely thin layer is present. It should be almost invisible.
- Dip the denture in water or run a gentle stream of water from the faucet over the inside of the denture. Do NOT use hot water.
- Place the denture in your mouth.

The adhesive is designed to expand when it absorbs water, so that a tighter retention occurs by following this method.

Experts find that the gums and underlying bone usually have had significant enough changes after 5 to 10 years of denture wear to require a refitting of a denture or a new denture. Please call if you have any denture problems not corrected by this method of adhesive placement, 504-347-6000.

