

## Simple steps on how to use a Denture Adhesive



### PLACE A SMALL AMOUNT OF DENTURE ADHESIVE

*Once a day: Place a small amount of denture adhesive onto a clean and dry denture*



### PUT DENTURE BACK INTO YOUR MOUTH

*Put the denture into your mouth and close firmly for a few seconds*



### LEAVE YOUR DENTURES OUT AT NIGHT

*Every evening, clean the denture and the inside of your mouth thoroughly to remove any adhesive*



### VISIT YOUR DENTIST REGULARLY

*Ensures your mouth remains healthy*

**An easy routine to help aid your denture experience**