

## Simple steps on how to apply a Denture Adhesive

1



### USE A SMALL AMOUNT OF DENTURE ADHESIVE

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

2



### PUT DENTURE INTO YOUR MOUTH

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

3



### LEAVE YOUR DENTURES OUT AT NIGHT

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

4



### VISIT YOUR DENTIST REGULARLY

*Ensures your mouth remains healthy*

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