



# Should I Use Denture Adhesives?



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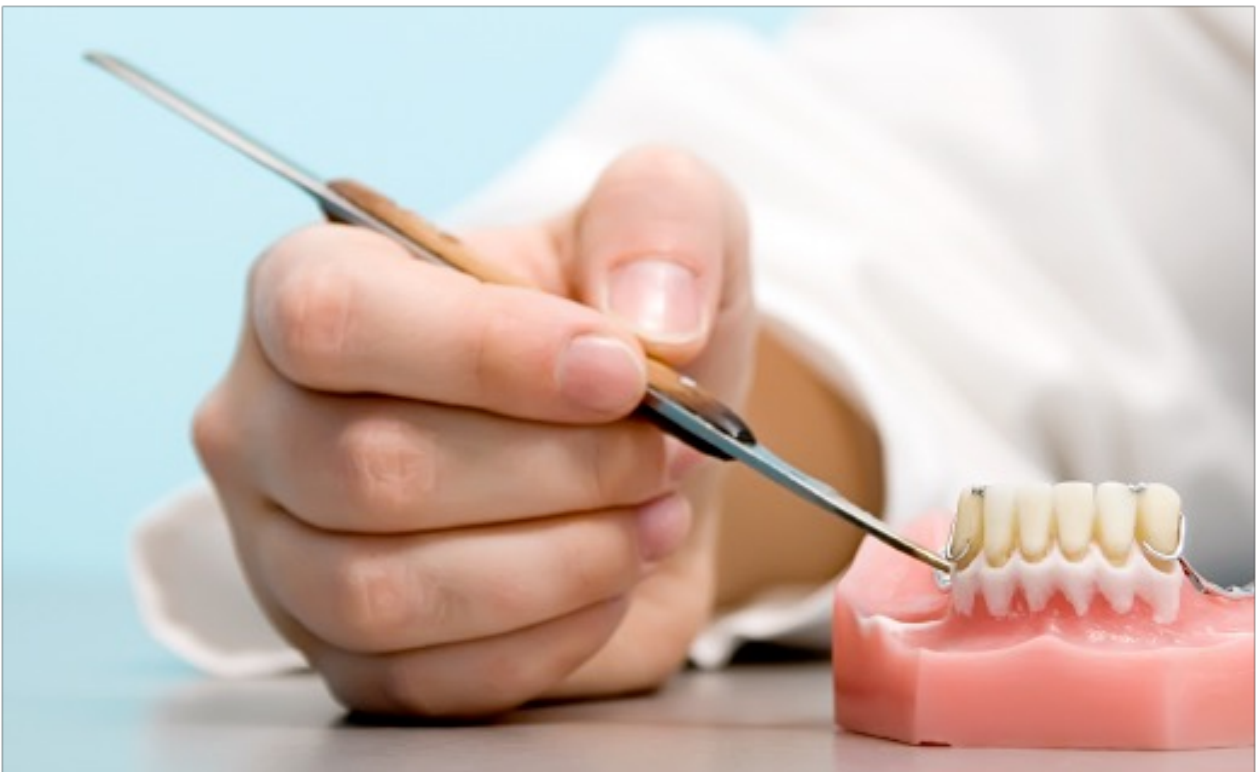
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# Introduction

You might be under the impression that it's necessary to use denture adhesive. Dentists are more likely to be of the opinion that adhesives are unnecessary for dentures that already have good retention, and that anyone who has a loose or moving denture just needs to have it adjusted in some way. However, there are some instances where adhesive is useful and can give an extra boost of confidence. If you're thinking about wearing a dental adhesive, or wearing one more frequently, discuss it with your Denturist first to make sure your denture is still comfortable to wear as it might just need relining or adjusting.





## **Denture Adhesive Usage**

Denture adhesive can be purchased in either paste or powdered form. Each has their advantages.



## **Advantages & Use of Powdered Adhesive**

Powdered adhesive is a lot easier to clean off the denture and is very simple to use. First, clean and rinse your denture prior to sprinkling a layer of powder onto it. Then, place the denture in your mouth. It's that easy!





## Advantages & Use of Paste Adhesive

Paste adhesive is best applied to a dry, clean denture. Apply a series of small dots of the paste along the ridge area with an additional *strip* down the center of the upper denture. Always try to apply the minimum amount. Using too much adhesive could alter the fit of your denture which may cause problems with your bite, or it could ooze out from under the denture leaving you to clean it off the surrounding oral tissues.



In general, adhesives are much more effective on the upper denture due to greater surface area, better suction, and few facial muscle movements. Whereas the lower denture covers a smaller surface area, is often situated on a flatter ridge, and also has to contend with more facial muscle movements from the tongue and cheek. When you remove your denture, thoroughly remove the adhesive by placing it under running water using a special denture brush. Paste dentures can be more difficult to remove and usually have to be peeled out of the denture and the mouth. \*Keep the clean denture moist in a container with water until you're ready to reinsert it.

