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## Denture Adhesives

Even well fitting, properly adjusted dentures can benefit from the extra grip provided by denture adhesives.

Only use a **minimal amount of adhesive**. Denture adhesive should never be used as a “filler” when dentures do not fit well. Do not use adhesive for **at least 1 month after dental surgery**.

There are three types of denture adhesive commonly available:

### Powder



This is the easiest type to use. Sprinkle a thin layer on the inside of the denture. Knock off the excess, then dunk the denture into a cup of water. Insert into the mouth and press down.

### Paste/Cream



Place three pea-sized dots of paste onto the inside corners of the denture. Insert the denture into the mouth and press down.

### Pads



Trim pad to fit the inside of the denture with scissors. Tamp the pad into the denture and moisten it with water. Insert the denture into the mouth and press down.

Adhesive **must be thoroughly cleaned from the gums and the denture each night** when the dentures are removed. A **soft cloth or brush with warm water** is the best way to remove old adhesive.