



How to instructions

How to use denture adhesive paste

While we would love our dentures to stay where they are, the reality is that sometimes they move, fall down and can rub against the gum causing sore spots and ulcers.

Your first option is to have a dentist or prosthetist check the fit and adjust them for you. Lower dentures can be particularly challenging and they are often loose due to changes to the supporting lower jaw bone.

For an interim measure, adhesive pastes can improve retention, comfort and stability. This can also improve social confidence and chewing ability. Most adhesives can be sticky and messy, so an alternative that works well for some people is **dry mouth gel** which is much easier to clean away.

1. Ensure that the denture is clean of food debris and old paste before applying fresh product.
For an upper denture, apply 3-5 short strips of paste at the front, middle and sides of the denture, but not too close to the edges.
2. For a lower denture, apply a few short strips on the internal fitting surface
3. Rinse your mouth before inserting the denture. Press your dentures into place, hold firmly and bite down for a few seconds. You are all set to go!

When you remove dentures for twice-daily cleaning, it is important to not only clean it off your denture but to brush away paste that might stick to your gums and the roof of your mouth. Use the least amount of paste possible to get the desired result.

Check out our other important information about denture care below.

[How to inspect clean and store dentures.](#)

[How to clean a denture with a denture brush.](#)

[How to clean dentures with Dr Mark's HyGenie.](#)

[How to use a denture, retainer or appliance cleaning tablet.](#)