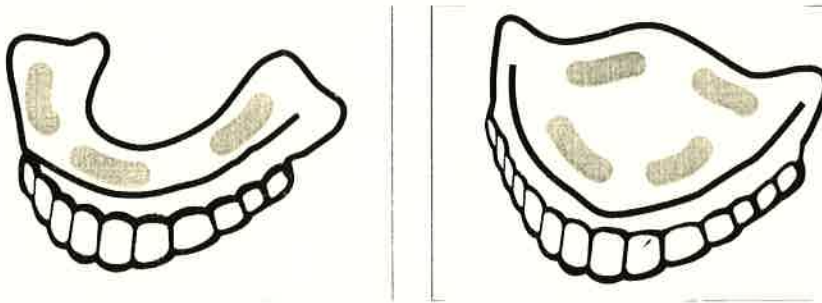


DENTURE MAINTENANCE AND ORAL CARE

DENTURE INSERTION USING ADHESIVE

Clean and dry dentures

Apply small amount of adhesive (not too close to the edges)



Rinse mouth

Press dentures in place, hold firmly and bite down

DENTURE REMOVAL AND CLEANSING

It is extremely important to remove and clean dentures daily. Dentures should be removed at night while sleeping to allow gums to breathe. Healthy gums are happy gums.

Upper denture: Place thumb against front teeth and press upward and outward toward the nose

Lower denture: Slowly pull on the dentures while applying a rocking motion

When dentures are removed, rinse them over a sink filled with water so they will not break if dropped

Drop one tablet of Polident into a denture bath or glass containing warm water

Allow dentures to soak as little as 5 mins or overnight depending on formula being used

Rinse dentures with running water before placing them