Simple steps on how to use a Denture Adhesive

1. Place a small amount of denture adhesive onto a clean and dry denture
   - Once a day: Place a small amount of denture adhesive onto a clean and dry denture

2. Put denture back 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 dental professional regularly
   - Ensures your mouth remains healthy

An easy routine to help aid your denture experience