Objectives

Following this presentation, participants should:

- Be able to identify different types of denture adhesives.
- Know how to use denture adhesive creams, powders, strips, wafers, and cushions.
- Be knowledgeable on how denture adhesives work.
- Be competent in the removal of dentures.
- Be competent in the removal of adhesive.
Types of Denture Adhesive

• **Cream**
  » Glue-like paste that can be applied to the dentures in either strips or dots.¹

• **Powder**
  » Fine powder reacts with saliva in the mouth to create an adhesive paste. ¹

• **Strips**
  » Pre-portioned strips of adhesive that works similar to double-sided tape. ¹

• **Wafers**
  » Pre-portioned sheets of adhesive that cover the entire contact surface of a denture (separate upper and lower). ¹
How to Use Denture Adhesive Cream

• Step 1
  » Prior to each application, clean and dry dentures thoroughly.

• Step 2
  » Apply adhesive to the dentures in thin strips or small dots.
  » Do not apply too close to edges of dentures.
  » Start with a small amount and add more adhesive as needed.⁴
Step 3

» Press dentures firmly into place and hold briefly.
How to Use Denture Adhesive Powder

• **Step 1**
  » Prep dentures by washing thoroughly with warm water.
  » Make sure dentures are completely dry before applying adhesive.

• **Step 2**
  » Gently squeeze, tap, or shake the bottle of adhesive powder.
  » Cover the entire surface of the part of the denture that touches the gums with an even layer.
  » Shake off excess powder.²
• **Step 3**
  » Press dentures firmly into place and hold briefly.

Note: Denture adhesive powder works best when dentures are well-fitted.
How to Use Denture Adhesive Strips

• **Step 1**
  » Prep dentures by washing thoroughly with warm water.
  » Make sure dentures are completely dry before applying adhesive.

• **Step 2**
  » Test fit the strip on the surface it is to be applied.
  » If necessary, use scissors to trim any excess strip to fit the denture.
  » Remove the foil from the strip and place the strip on the denture, using a finger to work out any air bubbles. ³
• **Step 3**
  » Press dentures firmly into place and hold briefly.
How to Use Denture Adhesive Wafers

• **Step 1**
  » Prep dentures by washing thoroughly with warm water.
  » Make sure dentures are completely dry before applying adhesive.

• **Step 2**
  » Test fit the dry wafer on the denture.
  » If necessary, use scissors to trim any overlapping wafer.
  » Moisten the wafer with warm water (do not saturate).
  » Position wafer on the denture and smooth any wrinkles with a finger.
• Step 3
  » Press dentures firmly into place and hold briefly.
How to Remove Dentures

Some techniques to help loosen the seal between the adhesive and the gums:

» Swish the mouth with warm water or an alcohol-free mouthwash.
» Lower denture: pull gently with a rocking motion.
» Upper denture: place thumbs against the front teeth and press upward and outward.
» Partial denture: press gently on metal piece to remove.
How to remove adhesive residue

• To remove residue from the dentures:
  » Brush using a denture brush
  » Use a denture cleanser
  » DO NOT use bleach or hydrogen peroxide to clean the dentures

• To remove residue from the mouth, gums, tongue, and palate:
  » Brush the gums and palate using a soft-bristled toothbrush, toothpaste, and warm water
Sources


**photos provided by Nina Galicki**