



Denture Adhesives

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Dental Hygiene Care Series

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**

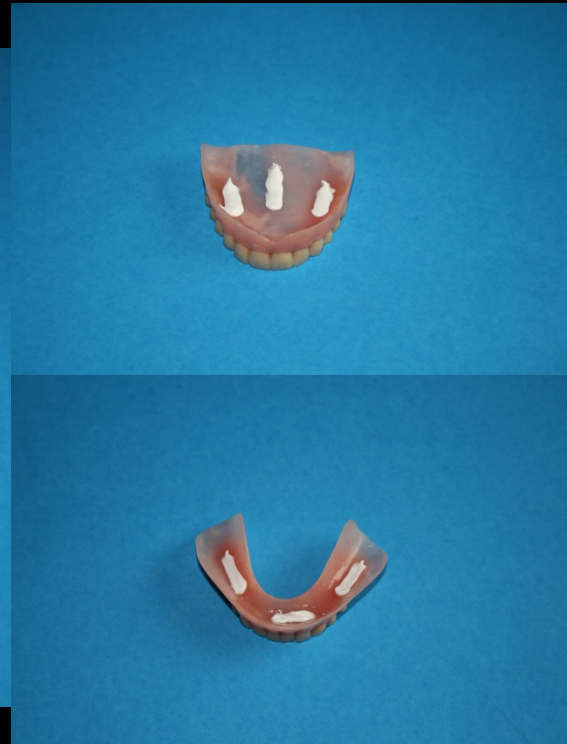
- » Prior to each application, clean and dry dentures thoroughly.

- **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.⁵

- **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.⁶

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 ⁴
- To remove residue from the mouth, gums, tongue, and palate:
 - » Brush the gums and palate using a soft-bristled toothbrush, toothpaste, and warm water ⁶

Sources

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**photos provided by Nina Galicki

