

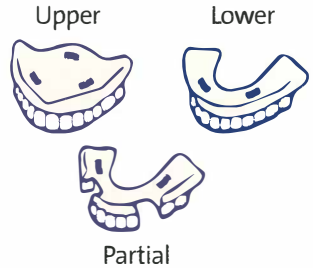
How to Use a Denture Adhesive

A denture adhesive can help maintain denture stability and improve your confidence.

Follow these steps to properly apply a denture adhesive cream to your denture(s). Proper application will ensure the best hold possible, without any mess.

Applying:

1. Clean and dry your denture(s).
2. Apply Poli-Grip® in SHORT STRIPS as shown; not too close to denture edges.
3. Rinse mouth before inserting denture(s).
4. Press denture(s) into place, hold firmly, and bite down for a few seconds to secure.



Removing:

1. Swish mouth with water.
2. Slowly remove denture using a rocking motion.
3. Remove adhesive residue from denture and mouth with warm water and a soft brush.
4. Use Polident® Denture Cleanser to thoroughly clean your denture(s).



Remember:

An adhesive is not the answer to ill-fitting dentures.

If your dentures are loose, be sure to see your dental professional.