

BENEFITS OF ADHESIVE

Even with well fitting dentures it is normal for your dentures to move a little when doing everyday activities such as eating and talking.

A denture adhesive can provide comfort and help to give you the confidence you need to take on everyday life.

Denture adhesives are designed to:

- Increase the hold of your dentures and allow you to eat the foods you love.
- Reduce denture movement and cushion your gums making your dentures feel more comfortable.
- Provide a seal along the edges of the denture which helps prevent food getting trapped underneath.
- Enable you to feel confident in social situations.

HOW TO USE ADHESIVE

- Apply adhesive sparingly in short strips or a series of dots, not too close to denture edges.
- If oozing occurs, use a little less product.



Clean your dentures and gums thoroughly.



Apply adhesive.



Press dentures firmly into place and hold briefly.

Fixodent®

DUAL PROTECTION GIVES YOU A **2 IN 1 PROTECTION** FOR A CLEAN AND HEALTHY MOUTH

- Seals out 5 times more food particles* so you can eat the foods you love.
- Anti-bacterial formula keeps breath fresh for up to 8 hours.
- Strong, lasting hold for up to 13 hours.

THE ADHESIVE THAT PROTECTS YOUR MOUTH

ANTIBACTERIAL + FOOD SEAL



Your dentist and Fixodent are here to help.
Log on to our website www.fixodent.co.uk for more information.

*vs. no adhesives

Fixodent®

Life with more bite!

PRACTICAL ADVICE FOR DENTURE WEARERS



INTRODUCTION

Your dentist has fitted you with your new set of dentures and you may still be getting used to how they look and feel.

You most likely have many questions about living with dentures...

- **How do I take care of my dentures?**
- **Will I still be able to eat the foods that I like?**
- **Will people notice I'm wearing dentures?**

It is completely natural to feel self-conscious and embarrassed as you transition to your new dentures. However, the longer you wear them, the more natural they will feel.

Your dentist and Fixodent are here to help.
Log on to our website www.fixodent.co.uk for more information.

The shape of your mouth continues to change throughout your life so you may experience your dentures don't fit as well as you would like. Make sure you visit your dentist regularly to ensure the best fit.



TIPS

EATING TIPS

- Start with soft foods. Some good examples are eggs, fish and cooked vegetables.
- Ease back into eating the foods you love with small quantities cut into smaller pieces.
- Consider using a denture adhesive to help your dentures feel more secure and give you a greater bite force. Denture adhesives such as Fixodent® can also seal out irritating food particles that can become trapped between your dentures and gums.



SPEAKING TIPS

- Don't worry if your voice sounds odd to you at first. This is much more noticeable to you than to anyone else.
- If your dentures "click" when you speak, try speaking more slowly to avoid movements that raise and/or move your denture.
- Bite and swallow before speaking. To help prevent your dentures from slipping when you speak, we recommend you use a denture adhesive, such as Fixodent®.
- Practice reading aloud while wearing your dentures.

ONGOING CARE

REMOVING YOUR DENTURES

Since dentures are fragile, it's always best to take care when removing them.

- Swish your mouth with warm water or a mouthwash, ideally an alcohol-free mouthwash such as Oral-B®.
- To remove your top denture, place your thumb against your front teeth and press upward and outward toward your nose. To remove your lower denture, slowly pull on your denture while applying a rocking motion.
- Be sure to keep your dentures moist when you aren't wearing them. Always store your dentures in a denture cleanser soaking solution or in water.



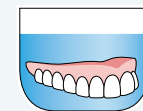
TAKING CARE OF YOUR DENTURES

Taking good care of your dentures helps ensure that they look and feel their best.



Brush

Brush your dentures with a non-abrasive paste and a soft nylon denture brush, taking care to remove any remaining residue.



Soak

Dissolve a suitable cleanser in a glass of fresh water and soak your dentures for as long as indicated by the manufacturer. This will ensure a deep clean & kill any bacteria.



Rinse

Rinse your dentures under running cold tap water. Dry carefully.