

Factsheet

Denture adhesive

Dentures may need some help to keep stable in the mouth. Denture adhesive can be used at home to help keep dentures in place.

Denture adhesive may also be called denture glue. It is available as a cream, paste, powder, strip or wafer, and can be bought from a supermarket or a pharmacy.

When to use denture adhesive?

Denture adhesive can help to keep dentures in place. It can also make the dentures more comfortable to wear. The adhesive will not damage the gums or teeth.

If dentures are too loose, denture adhesive may not help. It is best to see a dentist or dental prosthetist for advice.

Placing the adhesive on a denture

- 1 Make sure the dentures are clean.
- 2 Apply the adhesive on the inside surface of the denture. Only a small amount of adhesive is needed. Make sure to follow the instructions on the packet.
- 3 Position the denture in the mouth. Gently hold the denture in place for a few seconds.

Clean the adhesive off every day

Clean off the adhesive using:

- warm water,
- a spare toothbrush or denture brush, and
- liquid hand soap.

Do not use boiling water to clean off sticky adhesive.



Warning:

Dry mouth

Denture adhesives may not work well in a dry mouth. Saliva is very important for helping to keep dentures in place.

