

Are you missing out on your favourite foods?

Polident Adhesive:

- Increases bite force by up to 39%¹
- Reduces denture dislodgement while eating²
- Increases denture comfort
- Suitable for both full and partial dentures
- Zinc free

How to use Polident Adhesive creams:

1. Clean and dry denture.
2. Start with a small amount and use more if needed.
3. Apply in short strips, not too close to denture edges.
4. Rinse mouth before inserting denture.
5. Press denture into place, hold firmly and bite down for a few seconds to secure hold.



UPPER



LOWER



PARTIAL

If you need to apply more often than once daily, please see your dental professional.
For complete directions for applying and removing dentures see carton.

Did you know significantly more bacteria accumulates on surfaces brushed with toothpaste?³

Polident Cleanser:

- Kills 99.9% of odour causing bacteria⁴ and removes plaque and tough stains
- Is non abrasive, so cleans without scratching
- Suitable for both full and partial dentures, and mouthguards

How to use Polident Cleansers:

1. SOAK dentures in water with Polident tablets.
2. BRUSH dentures with the tablet soaking solution.
3. RINSE dentures thoroughly with warm water.



For complete directions see carton.



Fresh



Flavour Free



Strong Hold



Adhesive Powder



Whitening



Fresh Active

POLIDENT

ENJOY THE CONFIDENCE

Polident Adhesives – enhance the fit and seal of dentures



Fresh



Flavour Free



Strong Hold



Adhesive Powder

Polident Cleansers – suitable for full and partial dentures and mouthguards



Whitening



Fresh Active

For more information or to speak to a denture wearer about their experiences, please call 1800 661 957 or visit www.polident.com.au

GlaxoSmithKline

References: 1. Concannon D. *et al.* GSK Topline Report L3510566, May 2008. 2. Stern P.B. *et al.* Denture Adhesive Improves Patient Confidence by Increasing Biting Efficacy, *Int Dent J* 2003; 53: 346-347. 3. GSK NPD Study 062-07. The impact of bacterial attachment of using toothpaste for cleaning denture material. 4. Dullea C.V *et al.* Soaking with denture cleanser tablets kill odour-causing bacteria, *Int Dent J* 2003; 53: 350-351.
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Denture care information booklet



Endorsed by
 Australian Dental Prosthetists Association Inc.



What are dentures?

Dentures are worn to replace your natural teeth. They are usually made from lifelike resin teeth bonded to a plastic base.

A complete denture replaces all your natural teeth.

A partial denture is usually held in place by clasps or metal clips that fit around some of your remaining natural teeth.

Will anyone be able to tell them from my natural teeth?

Not easily. Dentures made with today's technology can look so natural that people can't tell you're wearing them. Your dentures will have been custom-made to fit your mouth, and coloured to look as natural as possible. They will take on the character of your original teeth, so your appearance will be unchanged.

How easy is it to adjust to wearing dentures?

It's normal for new dentures to feel a little strange at first, but rest assured that you don't look any different – there's no need to be self-conscious. Although you may produce more saliva than normal, this should settle down after a while. You will soon start to smile, talk and eat as confidently with dentures as you would with your natural teeth.

Will my dentures affect my sense of taste?

Food may taste a little different at first, while your mouth is adjusting to the feel of the denture.

However, your taste buds are mainly located on your tongue – not on your teeth. Food will soon start to taste normal again.

What about eating out?

Once you get used to wearing your dentures there is absolutely no reason why you should feel too restricted by them. With time and experience you'll begin feeling as confident as you did before and you'll be able to enjoy eating out.

Can denture adhesives help?

A denture adhesive can help you overcome a range of problems. No matter how well your dentures have been made to fit, they may not provide the same strong, biting surface as natural teeth. Whether your dentures are new or you've had them a while, you may find that:

- their retention and stability are affected by the structure of your mouth
- the level of suction that helps hold them in place (particularly the upper denture) varies with the amount of saliva you produce
- you avoid foods like crusty bread, nuts and apples that may displace your dentures
- the pips and seeds of some fruits can get trapped underneath, causing irritation and pain.

What should I do if my dentures hurt?

Dentures should not be painful, so if they hurt it's likely that something is not quite right. Visit your dental professional as soon as possible.



Should I take my dentures out at night?

It's up to you. If you choose to keep your dentures in overnight, always clean them thoroughly before you go to bed – just as you would your natural teeth. Leaving your dentures out at night gives your mouth and gums an opportunity to recover from the effort of supporting your dentures during the day, and to experience the soothing effects of your saliva flow. Ask your dental professional if you're not sure.

How do I take care of my dentures?

Just like natural teeth, dentures always need to be cleaned morning and night in order to remove food particles and plaque. Even if you can't see it, a build-up of plaque on your dentures can irritate your gums. Clean carefully along the gum-line and wherever any remaining teeth meet your dentures, because debris and plaque tend to build up in these areas.

Do I still need to visit my dental professional?

Yes. Your dentures are made from materials that are softer than your natural teeth, so eventually they will need to be replaced. In the meantime, your dental professional needs to make sure that they continue to fit properly, because your mouth continues to change shape after your teeth have been removed. Gaining or losing weight can also affect the shape of your mouth. If you have full dentures, visit your dental professional at least once a year for a check-up. If you have partial dentures, visit at least once every six months.

Tips for adjusting to your dentures

Speaking

Practise speaking or reading in front of the mirror to help you get used to your dentures.

Eating

While you are getting used to your dentures it is a good idea to:

- eat softer food
- take smaller mouthfuls
- chew more slowly.

After you put food in your mouth, try to divide it in two. Then chew each half at the back of each side of your mouth. By placing an even pressure on your dentures this will help them feel more stable and stop them from tipping.

Avoid very hot food and drinks for a little while, to make sure you don't burn yourself. Your sensitivity to the temperature of food and drinks may be temporarily affected, but will return.

At night

Try keeping your new dentures in place for the first few nights, to allow them to settle in sooner.