



Fixodent[®] Questions and Answers

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How much Fixodent Adhesive Powder should I use?

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Does Fixodent contain zinc?

A small amount of zinc is used in Fixodent denture adhesives to provide denture hold. This helps the denture stay in place securely so you can eat, chew, and talk more confidently. The amount of zinc an average denture adhesive user would ingest from daily usage of Fixodent is:

- Less than the amount of zinc in most daily multivitamins
- Less than 6 oysters (fried or raw)
- Comparable to 6 oz ground beef

[Click here for more information on Zinc from the Office of Dietary Supplements.](#)

Can adhesives improve my denture fit?

Yes. There are a number of published clinical studies showing that denture adhesives actually improve the performance of properly fitting dentures. Using denture adhesives may help reduce irritation and sore spots caused by denture rub. While your dentures are rigid, your mouth tissue is soft and changes over time, causing the dentures to not always fit the same.

How does Fixodent Adhesive Cream work?

When you use Fixodent Adhesive Cream, the natural moisture in your mouth changes the soft cream into an elastic-like membrane that helps hold your dentures tight, so you can bite harder and eat more naturally.

How does Fixodent Adhesive Powder work?

Fixodent Adhesive Powder provides a firm, comfortable hold for dentures by forming a thin, powerful seal on the denture. Fixodent Adhesive Powder increases biting force, may help to reduce tissue irritation, and reduces social embarrassment from loose dentures.



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How much Fixodent Adhesive Cream should I use?

Apply Fixodent Adhesive Cream to your dentures in small strips or a series of dots, making sure not to apply it too close to the edges. Then, press dentures firmly in place and hold briefly.

Hints: You may need to experiment to see what amount of adhesive is best for you. Start with a small amount, then use more if you need more hold. If oozing occurs, use a smaller amount of adhesive. Keep nozzle and cap dry to avoid clogging.

How much Fixodent Adhesive Powder should I use?

Before applying Fixodent Adhesive Powder, dentures should be cleaned, rinsed, and left WET. The dispenser tip has a tiny, round hole. Gently squeeze or tap bottle to dispense the powder. For best results, cover the entire denture surface that touches the gums with a thin, even layer of powder. Shake off any excess powder, press the dentures into place, and hold briefly.

Hints: Keep dispenser tip DRY to prevent opening from clogging. If tip becomes clogged, use a pin to reopen.

How long does the hold last?

The hold depends on the person, but Fixodent is formulated to last all day.

How do I remove my dentures?

As the Fixodent Denture Adhesive absorbs excess water, the hold will loosen. Several techniques may help you break the seal between the adhesive and the gum tissue:

- For dentures of any type, swish your mouth with warm water or a mouthwash such as Scope[®].
- For the lower denture, pull gently while applying a rocking motion.
- For the upper denture, removal may be more difficult due to more surface area. Place your thumb against the front teeth and press upward and outward toward your nose.

If you do not have success with these techniques and are uncomfortable leaving your dentures in overnight, you can seek assistance in a hospital emergency room or a 24-hour dental service.

CAUTION: Do not use any object except your fingers (not your fingernails) to pry the dentures loose, to avoid injury.

How do I remove adhesive residue?

To remove adhesive residue from your dentures, use a denture cleanser. To remove adhesive residue from your mouth, gums, tongue, and palate, brush the roof of your mouth and gums with a soft-bristled toothbrush, toothpaste such as Crest[®], and comfortably hot water.

What is the shelf life of Fixodent Denture Adhesives?

Average shelf life is three years when stored at room temperature.

Is there a small purse or travel-size Fixodent available?

Fixodent Control to Go is available in convenient travel size tubes at many local retailers.

For more information, please contact us at 1-800-214-8871.