

## WARNINGS:

Not intended for children or for individuals with teeth.

Intended for daytime use only; do not sleep with the dentures in the mouth.

Continue to visit your dentist a minimum of twice per year as recommended by the ADA.

Easy Denture may not fit everyone due to differences in individual bone and tissue structure.

**Wearing ill fitting dentures can cause adverse effects including but not limited to bone resorption and sore spots. Do not wear the denture if you do not get a good fit.**

## Device Description:

Easy Denture is made of a combination of materials enabling them to feel and function like a denture made by a laboratory but be fit quickly and conveniently just like a boil- and-bite mouthpiece.

## Indications for Use:

Easy Denture is intended to provide an edentulous patient a solution for chewing food, talking and smiling.

For best fit, read and follow the instructions before beginning the fitting of Easy Denture and also read each step again as you progress through the steps.

Proper care and cleaning with Easy Denture is essential to maintain the denture. Use the items included in this starter pack and additional items can be purchased separately. Daily use of Fixodent™ PLUS Adhesive is recommended to enhance the fit of Easy Denture™

## Set out the following items prior to starting:



- A saucepan electric water kettle or large microwavable bowl with approximately 4 inches of water in it
- A large bowl of cold water
- A watch or clock to measure (in second) each step of the process
- A slotted spoon, fork or tongs to remove the denture from boiling water
- A clean plate to set the denture on to cool prior to fitting
- A mirror to look into during the fitting process
- Easy Denture™

## Cleaning, Maintenance and Storage:

- Use Fixodent™ PLUS Denture Adhesive to enhance and improve fit.
- Use Denture Cleaning Tablets daily to gently clean your dentures.
- Store Easy Denture™ in Denture Case when not in use.
- Do not store Easy Denture™ at temperatures above 110° F.
- Do not leave dentures exposed to sun light for extended periods of time.

## Step 1. Upper Denture

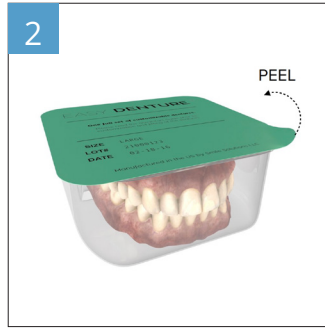


STOVETOP: Add 4" of water to a pot. Place pot on stove until the water boils.

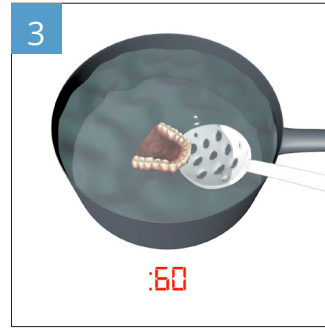
Electric Water Kettle: Add water to designated fill line. Bring water to boil.

MICROWAVE: Fill a microwavable bowl with 4 inches of water and microwave on high for 5 minutes or until you see bubbles in the water.

**Remove boiling water from heat.**



Remove denture from packaging.

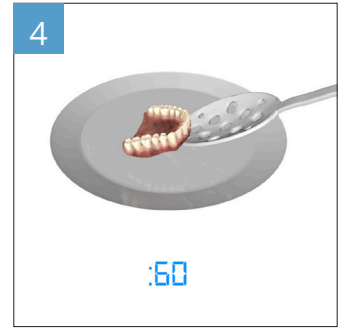


Using slotted spoon place upper denture into the hot water for 60 seconds.

(60 seconds = 1 minute)

**Avoid splashing, water is still very hot and can cause burns if contact with skin.**

**Do not leave the denture in hot water for longer than 60 seconds.**



Remove upper denture from water and place on plate to cool for 60 seconds.

Wash hands for 30 seconds with soap.

(60 seconds = 1 minute)



Lick your lips and then place the upper denture into mouth pushing it up towards the roof of mouth.

**If the denture feels too hot remove it from your mouth and allow it to cool for an additional 15-30 seconds.**



Use a mirror to align the front teeth of the denture with the tip of your nose



Slide thumb up to hold denture at roof of the mouth and extend denture to fit the contours of roof of mouth. Use fingers to push denture firmly against your gumline, and manipulate denture to extend around gums and ridges. Move teeth and denture around to line up bite and midline.



Close mouth and suck hard while pushing thumb towards roof of mouth for 15 seconds. Attempt to create a tight seal between denture and the roof of your mouth. Once complete place denture into bowl of cold water for 30 seconds to set.

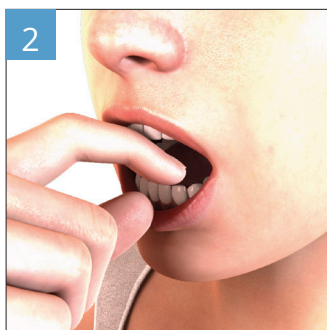
Trim excess with scissors when soft, or use acrylic burs for trimming.

Repeat the process if you do not get a desired fit.

## Step 2. Lower Denture

1 Perform Steps 1, 3, and 4 from Step 1 as shown above.

**If you have already fit the upper denture as outlined in Step 1, insert the fitted upper denture into your mouth before going on. If you have existing upper teeth you can ignore this step.**



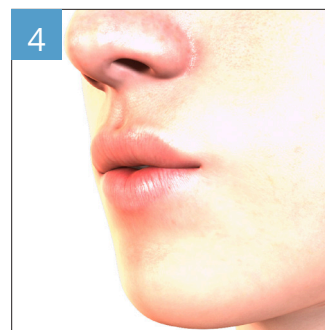
Lick lips and then place the bottom denture into mouth pushing it down towards the bottom of your mouth.

**If the denture feels too hot remove it from your mouth and allow it to cool for an additional 15-30 seconds.**



First align the midline of the lower teeth up with the midline of the upper teeth and push down in the front then line the back teeth up with the upper back teeth but widening or narrowing until your bite feels correct.

Use your finger to mold the bottom denture to conform to your lower gum line.



Close your mouth with both the upper and lower dentures in place and create a suction by swallowing several times. Maintain the tight suction for 30 seconds.

Once complete, place the dentures into the cold water for 30 seconds to set.

Trim excess with scissors when soft, or use acrylic burs for trimming.

Repeat the process if you do not get a desired fit.



That's it. Smile!

Don't forget that your dentures require daily maintenance. Please use Denture Cleaning Tablets to keep clean and Denture Adhesive Cream to enhance fit and function.

For further instructions and videos visit:  
[www.easydenture.com](http://www.easydenture.com)  
**SMILE MORE AND LAUGH OFTEN!**



Scan QR code to watch the Easy Denture self-fitting video now.