

Instruction Guide

DenSureFit[®]

Today is the day you change
the way you live with dentures.



How to Apply DenSureFit Soft Silicone Reline Material

**Dentist-grade soft silicone denture reline material-
now available in an easy,
convenient home-use kit**

Comfortable
Secure
No taste or odor
One application
can last for months

Need help?

Email us! HELP@densurefit.com

Call us! 844-682-3368 Mon-Fri (8am-5pm PST)

Instructional Video: www.DenSureFit.com

FAQ: www.DenSureFit.com

Follow the instructions in this booklet exactly for a successful reline

Please review all instructions carefully before attempting your reline. The contents of this kit are intended for one denture plate.

CAUTION: *Do not use immediately following extractions. Consult your dentist before using!*

DenSureFit is for use on ACRYLIC dentures. Not for use on alternative denture materials.

Applying over a soft professional reline?

If so, please follow “**SNUG-UP Application**” instructions on pg. 9.

Do you have partials?

If so, these instructions are also for you. Pay close attention to the variation for seating a PARTIAL on pg. 7.

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Before You Begin



Understanding how to handle each piece of your kit is **CRITICAL** to avoid wasting your product. Be sure to read this entire guide before you start.

What You'll Need

In addition to parts included in your kit, it will help to have the following items on hand:

- A clean, dry towel
- Dish soap
- Rubbing alcohol & cotton balls/pads
- Scissors
- A timer or stopwatch

Inside The Kit



Primer (½ bottle)

One thin, even coat of primer makes DenSureFit silicone stick to your denture. Your unopened primer bottle will look slightly less than ½-full (1 ml total). When used properly, it only takes *half* of the primer provided (.5 ml) to prime one denture plate. The remaining primer is intended for touch-ups after your first silicone application.



IMPORTANT! When you dip the swab into the primer, **REMOVE IT QUICKLY!** The primer is highly absorbent- DO NOT leave your swab in the primer or dip it more than once. If you do, it will soak up ALL the primer and you will NOT have any primer left for later. One quick dip is the perfect amount to prime one denture plate.

Replace the cap tightly and immediately after use. Store your DenSureFit primer tightly capped and upright in the refrigerator to prevent evaporation.

Inside The Kit

Primer Swabs (x2)

- Use each primer swab only once.
- Quickly dip the swab **ONE TIME ONLY** and **REMOVE IMMEDIATELY** from the primer! The second swab is for a Snug-Up application.



Silicone Applicators (x2)

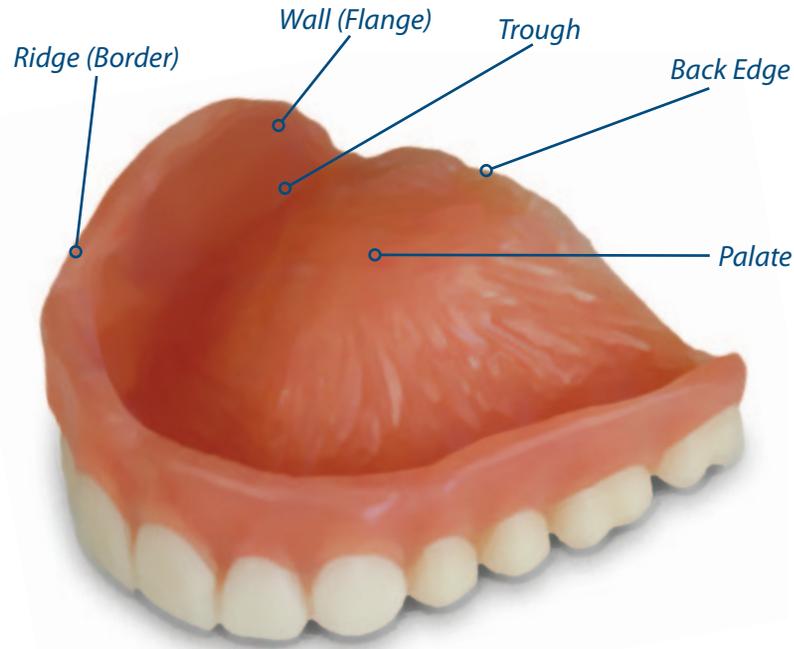
The silicone goes on after the primer coat. It's the magic that makes your denture snug like never before.

- **BEFORE YOU TWIST** to open the applicator, locate the black arrow on the tube. Hold orange barrel still and firmly in one hand. With other hand, **TWIST** clear tabs on the tip in the direction of the arrow until you hear/feel the "click". If it does not click, or if you twist opposite the arrow, your silicone may squeeze out of the sides of the applicator tip and become unusable.
- **DO NOT** twist/open your silicone applicator until you are ready to apply it to your denture! Otherwise, it will dry out and you'll waste your silicone.
- Use **ALL** the product in one applicator to reline one denture plate. The second applicator is for a **SNUG-UP** application. *Most* people require 2 applicators to get snug.
- Use only one applicator of silicone at one time (i.e., one for each application). After 4 minutes of curing time, assess your fit. If you're not snug, you can add another applicator of silicone on top of the first layer only in the wall/trough areas of the denture.

Know the Anatomy of Your Denture



It is **CRITICAL** you understand and apply these concepts to create a proper fit. You have **ONE SHOT** to get it right. If you don't, you'll need to peel out the material and start over.



Please identify the parts of your own upper denture **before applying DenSureFit**.

How to Ensure Your Proper Fit

DenSureFit works by suction... and the roof of your mouth is where suction occurs. To get a snug fit with DenSureFit, it's about finding your "SUCTION SPOT" – the "sweet spot" in the roof of your mouth where your denture fits perfectly.

When seating your denture ("seating" means fitting the denture into your mouth properly), it's critical to position it so it fits snugly in the roof of your mouth, with no air pockets; otherwise, suction will not occur. Once you've applied silicone, it's crucial that you seat your denture properly when you insert the plate into your mouth.

- Seat your denture by pressing up towards the bridge of your nose. **DO NOT** push the denture back toward your throat. You will ruin the fit and waste your product.
- Nestle the highest point of your denture into the highest point in the roof of your mouth, your special "SUCTION SPOT". Please be aware that while many people have the natural contours and conditions in their mouth and denture to be able to achieve suction, some people do not and they may not be able to achieve suction. If this is your situation, it is still important to seat your denture properly in your "suction spot".



PRO TIP: Think of how a suction cup works. All the air needs to be pressed out before suction can happen. The same concept applies to your denture!



Before you use DenSureFit, practice!

- Use your thumb to find the highest, most curved point on the roof of your mouth. That's your SUCTION SPOT!
- Practice inserting your denture in an upward motion, toward the bridge of your nose, press up toward your nose and then slightly forward until you can find your SUCTION SPOT easily.

Step 1: Clean, Rinse and Dry Your Denture



If you don't clean and dry your denture completely prior to application, DenSureFit will not stick!

For best results, wash your denture with dishwashing soap, dry with a clean towel, then allow it to air dry thoroughly. NOTE: Adhesives (especially waterproof types) can leave a residue on your denture. It's important to clean off this "invisible" residue before starting your reline. Denture cleanser is NOT sufficient for this job of prepping your denture prior to relining.

PRO TIP: After washing/drying your denture, wipe the inside with rubbing alcohol on a cotton ball until it is squeaky clean.

Step 2: Apply Primer to the Denture

Review **Anatomy of a Denture** (pg. 3).

Now you're ready. Grab one primer swab.

- Open your primer bottle and *quickly* dip your swab in and out of the bottle *one time only*.
- Close your primer bottle tightly.
- Use the primer-covered swab to gently paint your denture with primer in a thin, even coat.
- Starting with the inside top perimeter of your denture, cover every spot on the denture ridge, slightly over the ridge on the front, wall, palate, trough, and along the back edge. Missed spots may cause the silicone to lift.



- Grab your timer; let the primer dry for two minutes.

Step 3: Activate Silicone Applicator



- Remember: Do NOT activate the applicator OR press the plunger until you are ready to apply the silicone to your denture.



- You have approx. 15 seconds to work with the silicone before it starts setting up.
- Twist the clear winged tabs IN THE DIRECTION OF THE BLACK ARROW until you hear/feel it snap into place. (If silicone squishes out the sides, you have twisted the tabs the wrong way! Discard and use a new applicator.)



Step 4: Apply Silicone to Your Denture

Apply three lines of silicone to the palate, and the remainder in the trough.



IMPORTANT! Work quickly to get the silicone onto your denture and into your mouth in about 15 seconds. The lines do not have to be neat, pretty or perfect. Just get it onto your denture and into your mouth QUICKLY so the silicone does not start setting up outside of your mouth. You need it to spread in your mouth in its most fluid state to get a proper impression for your best fit.



Step 5: Seat Your Denture

Have your timer ready; **timing is critical!**

- a. Immediately insert your denture into your mouth.
- b. Crook your index finger over the bridge of your nose. Use your thumb to push the denture into your SUCTION SPOT– UP toward the bridge of your nose and then press slightly forward. **VERY IMPORTANT! Do NOT push it back towards your throat!**
- c. Give it a wiggle with your thumb to make sure it is firmly nestled into SUCTION SPOT; then, keep it pressed firmly with your thumb for 4 minutes.



- d. Start your timer for 4 minutes.



- e. **Do NOT bite down! Do NOT remove your denture until 4 minutes is up.**

- f. After 4 full minutes, remove your denture. Now, it's time for the next step!



For PARTIALS: Gently snap partial into mouth. DO NOT press or bite down! Look in the mirror to make sure natural teeth and partials are even and your partial is in the right spot. Gently touch upper and lower teeth together in a natural biting position until they make even contact, then STOP! Do not bite down any further. Relax your jaw; let the silicone cure for 4 minutes.

Step 7: Assess Fit

If you feel you've got your great fit, you are done!



After your reline is complete, leave your denture to air-dry outside of your mouth for 2 hours to finish curing. Please refer to Page 15 for Trimming and Care tips.

If you are not snug yet, don't worry...you are NORMAL! Most people require 2 applicators of silicone to get a good fit.

- Look at the front of your denture: Did silicone come up and over the front of the ridge, all the way around?
- Look at the back: Do you have flashing (extra silicone) hanging off the back edge of your palate, all the way across?

If you do NOT see this and are not snug, you need a 2nd applicator of silicone. Please proceed to the **Snug-Up Application** on page 9 of this guide.

PRO TIP: *DenSureFit silicone is BUILD-ABLE! It will adhere to itself WITHOUT primer. As your denture loosens over time, you may apply more silicone to your previous layer using the Snug-Up application. You DO NOT need to remove and reapply your previous layer as long as it's in good condition and not lifting.*

Make sure your previous layer of silicone is perfectly clean and dry before adding a new layer, or it will not adhere properly.

**Don't Wear Your Newly Relined Denture For 2 Hours!**

After your reline is complete, leave your denture to air-dry outside of your mouth for 2 hours to finish curing.

Use these SNUG-UP instructions to snug up your denture AFTER your initial application of DenSureFit or if you are applying DenSureFit over a SOFT PROFESSIONAL RELINE.

Step 1: Clean, Rinse and Dry Your Denture

Follow the instructions on pg. 5 (Step 1 under “Reline Instructions”)

Step 2: Prime Bare Spots

- Prime any bare spots of hard acrylic that did not get covered by silicone on the top of the ridge, slightly over the front of the ridge, and on the back edge of the palate. It is not necessary to prime over DenSureFit silicone. The silicone will adhere to itself without primer. **DO NOT** cover existing silicone with primer.



- Let primer dry for 2 minutes.

Variation for Applying PRIMER Over Soft Professional Reline:

Apply primer over ALL of the soft reline material EXCEPT on the top of the palate. You will only need to prime ¼ of the way up the palate.



Step 3: Apply Silicone to the wall of the trough

Apply silicone to the middle of the wall of the trough area. *Work quickly to get the silicone onto your denture and into your mouth.*



IMPORTANT: Do not apply silicone to the palate on a snug-up or over a soft professional reline! If you do, you will over-build the palate and your fit will be ruined.

How much silicone to apply? Use 1/2 an applicator (or 1 line of silicone) if a minor snug-up is needed. Use 1 full applicator if your denture is still moderately loose.

Exception: Bare spots on the back edge. If the silicone has not extended all the way to the back edge of the palate and there are bare spots of acrylic, apply a very skinny line at the back edge.

Step 4: Seat Your Denture

- Insert denture into mouth and find your SUCTION SPOT. Hold with your thumb. Crook your index finger over the bridge of your nose and press slightly forward. **DO NOT** push the denture back toward your throat!



- Hold securely for 4 minutes.
- Assess fit. If it's snug, you're done!



- If it's not snug, repeat the “SNUG-UP” application with an additional tube of silicone.

Have an UPPER and LOWER?

Do not attempt to reline your lower plate until your upper fits properly. Always reline your upper FIRST and then your lower. Do NOT reline them both at the same time.

Please review Pages 1-3 of this booklet before you begin your lower reline. Also, please read IMPORTANT info on our website regarding expectations and results on the lower: www.densurefit.com.

Step 1: Clean, Rinse and Dry Denture

Clean, rinse and dry your denture (see Page 5).

**Step 2: Apply PRIMER and let DRY 2 minutes.**

Prime entire inside of lower denture and slightly over the ridge to the front of your lower denture (see Page 5).

Step 3: Apply Silicone

Apply 1 applicator of silicone in the bottom of the trough. Work quickly. You will need to get the silicone into your denture and into your mouth within 15 seconds.

**Step 4: Seat Denture**

- Lightly place the denture onto your lower gum line. DO NOT press down with your fingers. Do NOT bite down, yet.
- Check your midline in a mirror: Ensure your 2 front teeth of your lower are centered with your 2 front teeth of your upper.
- GENTLY bring teeth together in a natural biting position.
- Look in the mirror and ensure they LOOK and feel like they are in the proper position...not too high and not too low.
- Relax your lower jaw and let it hang slightly open. Set timer for 4 minutes and keep still while it cures. Do NOT remove the denture from your mouth until the 4 minutes is up.

**Step 5: Assess Fit**

After the 4 minutes, assess your fit.

**SNUG!**

If your denture is snug, you are done. Leave your denture to air dry outside of your mouth for 2 hours before wearing while it finishes curing. See back of booklet for trimming and care instructions.

**NOT SNUG?**

Examine the silicone in your denture.

Did the silicone end *before* it reached the top of the denture wall?

If the silicone ended before it reached the top of the wall, you may need more silicone to finish filling your voids. Proceed to the Snug-Up Procedure.

If the silicone flashed all the way around the edges of your denture, then you have filled all the voids and you have a nice seal. This is likely the best fit that you are able to achieve. Use powder adhesive on top of your lining if you need extra security.

Rocking Issues?

- Please refer to our troubleshooting tips at www.DenSureFit.com
- Contact us: 844-682-3368 Mon-Fri (8-5pm PST) or help@densurefit.com

Floating, Lifting or Popping Up?

- If your denture lifts off of you gum line and does not stay down, remember that this is not an issue that a soft reline can solve. Many lower dentures need adhesive to help keep the denture in place. If needed, we recommend using a powder adhesive on top of your DenSureFit liner as it is more compatible with the silicone.

Snug-Up Procedure For Lower Denture

If needed, use these instructions to snug up your lower denture immediately following your initial application or later if your denture gets loose.

DenSureFit silicone is build-able. If your denture gets loose after a good initial fit and your liner is in good condition, you can layer more silicone on top of your existing liner.

a. Clean and Dry Denture

Ensure your denture is perfectly clean and dry as you did in your initial application. Wipe down the inside of the denture with rubbing alcohol and let dry.

b. Prime Bare Spots

Dip a cotton swab into the primer and use that to prime any bare spots of hard acrylic on the ridge, along the back edge and slightly over the front of the ridge. Let the primer dry for 2 minutes. (The reason for the cotton swab is because you need very little primer to prime bare spots. The foam swab in your kit will use more primer than you need. Do not cover existing DenSureFit silicone with primer. It will not harm the silicone, it just is not necessary because the silicone will adhere to itself without the primer.)

c. Apply Silicone

Apply silicone to the bottom of your trough. Work quickly to get the silicone in your denture and into your mouth within 15 seconds. This is especially important on the Snug-Up application because you need that silicone to flow into your voids in its most fluid state.

d. Seat Denture

- IMMEDIATELY place the denture into your mouth.
- Bring teeth together in a natural biting position with MEDIUM pressure. STOP as soon as you feel your teeth make complete and proper even contact and it is properly seated.
- Look in the mirror and make sure that your denture LOOKS and FEELS like it is in the correct spot and that it is comfortable. Relax your lower jaw.
- Set your timer for 4 minutes and keep your denture still.
- You are done. See back of this booklet for trimming and care instructions.



Don't Wear Your Newly Relined Denture For 2 Hours!

After your reline is complete, leave your denture to air-dry outside of your mouth for 2 hours to finish curing.



Trim Excess Silicone (optional)

If you have a great fit, but feel like you need to trim extra silicone hanging around the edges of your denture (flashing), keep in mind that over-trimming can break your suction.

When **to** Trim:

- Trim if silicone is loose, hanging or uncomfortable.
- Trim if you can see silicone showing when you smile.

When **NOT** to Trim:

- Do not trim flashing if it feels comfortable. It is important for a good seal.

How to Trim:

- Only trim on the **FRONT** of your denture, above the teeth. **NEVER** trim directly on top of the ridge- you will break the suction seal.
- It is desirable to have a small amount of flashing on the back edge of the palate. If it is not bothering you, leave it alone. If it is uncomfortable, go ahead and trim, but leave a small amount of flashing coming off the back edge. Hold your scissors at a 45° angle, angled away from the palate. This keeps the silicone against the roof of your mouth, maintaining a seal.



Trimming a Lower

- To trim inside a tight curve on a lower denture, keep the scissor blade **CLOSED** and run the closed blade downwards on the silicone inside the curve to remove the excess.

It is important to know that while the DenSureFit liner stays in your denture, you should still remove your denture every day to soak your denture in a denture cleanser and to allow your gums a chance to breathe.

Cleaning Your DenSureFit-Lined Denture

- Soak/clean your DenSureFit-lined denture in a regular denture cleanser every day to remove bacteria.
- Denture cleansers intended to remove tough stains like smoking stains can be harsh on the silicone if used on a daily basis. If you use them, we recommend you use them once weekly and a regular cleanser the other days in order to extend the life of your liner.
- It is okay to store your denture in clean water when you are not wearing them.

Brushing Your Liner

- After soaking your denture in your denture cleanser, you should also gently brush your liner with a soft-bristled toothbrush. Use soft bristles to avoid microscopic tears in your liner.
- Take care when brushing around the edges of the silicone so they do not lift prematurely.

Powder Denture Adhesive

Some people need the extra security of an adhesive on top of their DenSureFit lining. This is likely for those with much bone/tissue loss on the upper, flat-palate situations and on lower plates. If you need to use adhesive on top of your DenSureFit liner, powder adhesive will adhere best to the DenSureFit silicone.

Removing Your Densurefit Liner

Most people remove and replace their DenSureFit liners after 3 months. When it is time to remove it, lift an edge and slowly peel the silicone away. A dull, safe tool such as a wooden cuticle pusher may be useful to get underneath the silicone for help with removal.

A rougher or more porous denture surface will cause the silicone to adhere stronger than a smooth, finely polished surface making it tedious to remove. Please visit our website www.densurefit.com FAQ for more information on removing a liner that is stubbornly adhering.

Need Help?

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Instructional Video: www.DenSureFit.com

FAQ: www.DenSureFit.com

We believe DenSureFit will provide you with the best fit you've ever had with your dentures. We are 100% committed to your success.