

Instadent Instructions

Insta-Dent Cosmetic Denture Alternative™; By Dental Procedures, Inc.

Before After After Actual Upper & Lower Insta-Dent User Before
 Before After Another Actual Upper Insta-Dent User Instructions For Molding the Insta-Dent
 Alternative™; Upper Insta-Dent Cosmetic Denture Alternative™;

Step 1. Let hot tap water run for a minute or two until it is warm enough to put your fingers into but, not too hot to burn your skin. Ideally, the water should be about 120° F (48° C). Fill a glass or ceramic bowl with hot tap water and drop the upper denture into the hot water. Keep the denture submersed for 8 minutes. The water must be hot enough to make the liner of the denture pliable. The liner is the part that goes against the gums. Hot water may be added periodically to maintain the desired temperature.

Step 2. After 8 minutes, remove the denture from the water. If it feels too hot to place into the mouth, let it sit for no more than 1 minute to cool down a bit. When the denture is just cool enough to handle, place it into the mouth. Press against the back teeth with your thumbs for several minutes until the liner material adapts to your gums. Bite down firmly against your opposing teeth. If no lower teeth are present, press thumbs against the back teeth for a few minutes more to allow the liner material to adapt to the gums. If needed, secure the upper denture in the mouth with denture adhesive, either powder or paste.

Lower Insta-Dent Cosmetic Denture Alternative™;

Step 1. Let hot tap water run for a minute or two until it is warm enough to put your fingers into but, not too hot to burn your skin. Ideally, the water should be about 120° F (48° C). Fill a glass or ceramic bowl with hot tap water and drop the lower denture into the hot water. Keep the denture submersed for 8 minutes. The water must be hot enough to make the liner of the denture pliable. The liner is the part that goes against the gums. Hot water may be added periodically to maintain the desired temperature.

Step 2. After 8 minutes, remove the denture from the water. If it feels too hot to place into the mouth, let it sit for no more than 1 minute to cool down a bit. When the denture is just cool enough to handle, place it into the mouth. Press against the back teeth with your index fingers for several minutes until the liner material adapts to your gums. Bite down firmly against the upper teeth. If no upper teeth are present, press firmly against the back teeth of the Lower Denture with your index fingers on both sides for several minutes more until the liner material adapts to your gums. If needed, secure the lower denture in the mouth with denture adhesive, either powder or paste.

If needed, both the Upper and Lower Insta-Dent Cosmetic Denture Alternative™; can be secured in the mouth with any commercial denture adhesive for greater comfort and security. Denture adhesives are available without a prescription in pharmacies and supermarkets.

Care for your new Insta-Dent Cosmetic Denture Alternative™; just as you would traditional dentures. Always remove them at night for sleep and soak them in any commercial denture cleaner. The Insta-Dent Cosmetic Denture Alternative™ has the potential to last for years.