

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, patent-pending, 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 person a solution for chewing food, talking and smiling. All teeth are required to be missing or broken at the gum

line to use Easy Denture.

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 of Easy Denture is essential to maintain the denture. Use the items included in this starter pack, additional items can be purchased separately. Daily use of Easy Denture approved adhesive is recommended to enhance the fit of Easy Denture.

Set out these items before 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 seconds) each step of the process
- A slotted spoon, fork or tongs to remove the denture from the boiling water
- A clean plate to set the denture on to cool prior to fitting
- A mirror to look into during the fitting process
- Polishing block
- Easy Denture™

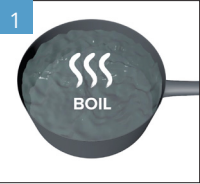
Cleaning, Maintenance and Storage:

- Use Easy Denture approved denture adhesive to enhance and improve the fit.
- Use Easy Denture approved denture cleaning tablets daily to gently clean your dentures. UV ultrasonic cleaner is also recommended.
- Do not leave Easy Denture to soak in water for extended periods of time.
- 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.
- Refer to FAQ section of the Easy Denture website: www.easydenture.com/faqs

1. Upper Denture

STEP 1

Wash hands for 30 seconds with soap.
Remove denture from packaging.
STOVETOP: Add 4" of water to a pot. Bring water to boil.
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. Do not place denture in water while microwaving.
Remove boiling water from heat.



During the self-fitting process, do not leave Easy Denture in your mouth for more than 180 seconds as you don't want the Denture to fully harden/cure while it's in your mouth.
(180 seconds = 3 minutes)


For example, immediately starting from the time you remove Easy Denture from boiling water, you'll have a total of (4) minutes until the products fully hardens/ cures [e.g. (60) seconds to cool, (180) seconds to self-fit in your mouth].

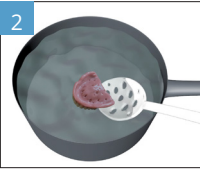
STEP 6

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.
Press cheeks to extend denture to fit contours of vestibule.



STEP 2

Using slotted spoon, place upper denture teeth side down 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 occurs.
Do not leave the denture in hot water for longer than 60 seconds.



STEP 4

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.




STEP 7

Close mouth and suck hard while pushing thumb towards roof of mouth for 15 seconds. Attempt to create a tight seal between denture and roof of your mouth.
Remove Easy Denture before fully hardened/cured. Once complete place denture into bowl of cold water for 30 seconds to set/cure.
To remove excess pink Nuvoflex™ material (patent-pending), soften by reheating in hot water using 10 second increments. Once soft, remove excess by trimming with scissors or by hand.



STEP 3

Remove upper denture from water and place on plate teeth side down to cool for 60 seconds.
 (60 seconds = 1 minute)



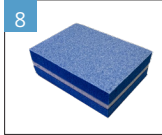
STEP 5

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



STEP 8

If needed, use polishing block to gently polish teeth and smooth any rough spots or sharp areas on the denture.
Repeat the process from Step 1 if you do not get a desired fit.
Once satisfied with the fitting of the Top Denture, begin fitting the Lower Denture.



2. Lower Denture

Perform STEPS 1, 2, 3 and 4 from Upper Denture section shown above.
If you have already fit the upper denture as outlined above, insert the fitted upper denture into your mouth before going on (if you have existing upper teeth you can ignore this step).



During the self-fitting process, do not leave Easy Denture in your mouth for more than 180 seconds as you don't want the Denture to fully harden/cure while it's in your mouth.
(180 seconds = 3 minutes)
For example, immediately starting from the time you remove Easy Denture from boiling water, you'll have a total of (4) minutes until the products fully hardens/ cures [e.g. (60) seconds to cool, (180) seconds to self-fit in your mouth].

STEP 5

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.



STEP 6

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 by widening or narrowing until your bite feels correct.
Use your finger to mold the bottom denture to conform to your lower gum line.
Press cheeks to extend denture to fit contours of vestibule.



STEP 7

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.
Remove Easy Denture before fully hardened/cured. Once complete, place the dentures into the cold water for 30 seconds to set/cure.
To remove excess pink Nuvoflex™ material, soften by reheating in hot water using 10 second increments. Once soft, remove excess by trimming with scissors or by hand.



STEP 8

If needed, use polishing block to gently polish teeth and smooth any rough spots or sharp areas on the denture.
Repeat the process from Step 1 if you do not get a desired fit.
That's it. Smile!



*Don't forget that your dentures require daily maintenance.
Please use Easy Denture approved denture cleaning tablets to keep clean and Easy Denture approved denture adhesive cream to enhance fit and function.*

For further instructions and videos visit: www.easydenture.com
SMILE MORE AND LAUGH OFTEN!



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