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Feel Confident in Your Dentures This Holiday Season

Show off that gorgeous smile
By Sea-Bond (Paid Content)

Drama like no one's watching.

Assuming the holidays aren't the most wonderful time of the year...and time to go a little wild too! Celebrating with friends and family. Enjoying delicious seasonal treats. Dressing up for a night on the town. And gathering for lots of memorable group pictures. The last thing you need to worry about is your dentures. There's plenty you can do to feel more secure and camera-ready from morning till night.

How Will You Celebrate the Holidays?

WILDLY CONFIDENT
Carol makes sure she's got room on her calendar and says yes to as many holiday festivities as possible. Her big smile lights up the room wherever she goes.

What makes Carol so confident? She knows her dentures will hold from the beginning of the day to the end. And she knows how to care for them so she looks her best. Carol won't let anything stand in the way of having the freshest holidays. She's always ready for a gathering, and shows up for a photo op too.

Honestly, like Carol, you're smile-ready and excited to enjoy the holidays. But maybe you're worried that your dentures won't stay put—or that you can't fully enjoy the festive foods and drinks you love. With a little preparation, you can feel free-to-shake.

Here are 6 Tips to boost your Denture Confidence.

1. Begin with a strong bond – use an adhesive that keeps your dentures securely in place through holiday eating, drinking, smiling and smiling.
2. Flash a clear, bright smile – Soak and brush your dentures daily with a soft-bristled brush and non-abrasive denture cleaner to remove food, plaque and other debris.
3. Enjoy the delights of the season – go ahead indulge in some treats like pumpkin pie, eggnog or even a slice of a delicious chocolate tart. Just avoid tough, carrots, hard candy and applesauce on the teeth.
4. Wear a glass of water – Keep clear or light-colored water, juice or soda, and limit your intake of coffee and tea to protect your dentures from staining.
5. Stay hydrated – Dip water frequently to soften your food, clean dentures and keep your dentures moist.
6. Secure emergency kit – Don't forget the denture tools that can make travel easier, including your cleaning, brush and adhesives. For added convenience, use denture adhesive tabs to get a secure fit that lasts all day without the mess of adhesive creams.

Be Camera-Ready

One of the most attractive holiday looks this season is your beautiful smile. Especially when it comes time to pose for photos, you'll want to feel and look confident. Here are some easy tips for your best shot:

- Remember to clean your dentures daily to keep your smile bright.
- Let your inner confidence shine through your smile. When you feel good, you look good!
- Eliminate your neck and tilt your chin down just a bit.
- Print your tongue behind your upper front teeth as you laugh or smile.

Live confidently! Sea-Bond lets you smile, savor great foods and enjoy the holidays to the fullest. Click to discover Sea-Bond Now.

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