

CARE INSTRUCTIONS

partial dentures

Denture Adjustments

With the introduction of anything new in your mouth, it may be necessary to make one or more appointments for adjustments. Please let us know immediately if you have sore spots and make an appointment to see us. We will try to make denture-wearing as comfortable as possible for you. Adjustments during the first three months after insertion of the denture will be free of charge. Any adjustments required beyond three months may have a charge.

Removable

It is essential to know that your teeth are removable and should be removed for cleaning at night unless otherwise recommended. This allows the gum and bone tissue to “breathe” and takes pressure off the bone and teeth, especially during sleep when most people put extraordinary force on their teeth.

Cleaning

Remove and brush your denture with a denture brush after each meal, if possible. You can use water or a denture-specific paste or foam on the brush. Do not use regular toothpaste. At night, the dentures should be removed and soaked in water or a denture cleaner like *Novadent*. For your convenience, denture brushes, cases and *Novadent* are available for purchase at the office.

Chewing

We recommend you start with softer foods for the first few weeks until your tongue and muscles adapt to the dentures. With time, most people accommodate and can eat a variety of foods

Speech

Dentures cover areas of the jaws and palate that are generally exposed. Most patients will adapt to the new prosthesis within two weeks, although some require more time. We recommend reading or singing aloud for several days to allow your speech to accommodate to your new teeth.

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Relines and Repairs

A reline is a procedure that can refit your existing denture by resurfacing the inside to fill in where bone has been lost. This may have to be done every 3-5 years or more often if a soft liner is used. If there are acrylic or metal clasps on the partial, they can break or loosen over time, and the denture will have to be sent to the lab for repairs.

Maintenance and Follow-up

Having a partial denture will affect your remaining teeth. We request to see you at least twice a year for a check-up and to clean your teeth, at which time we will also check your dentures. This will allow a thorough evaluation of your hard and soft tissues and a complete oral cancer screening. It allows for an assessment of the fit of your dentures and the possibility of needing a denture reline. Your bite can also be evaluated, and the degree of wear on the denture teeth can be assessed.

If you require any dental work on your remaining natural teeth (fillings, crowns, extractions, etc.), it is crucial that you bring your partial denture(s) with you to all of your dental appointments to ensure that your denture(s) fit properly.

Occasionally, a denture tooth may chip, crack, wear down, or clasp. If this happens, please call our office and bring your denture so the tooth may be repaired or replaced. This may require an outside laboratory; note that you may be without the denture during its repair.

As no dental appliance will last forever, it may be necessary to make a new denture. Our experience has been that every ten to twelve years is standard and an excellent time to consider replacing dentures with new ones.