PARTIAL DENTURES:

WHAT TO EXPECT:

- Inserting and removing your partial dentures will take practice, but we will help you learn the technique.
- Please realize that a partial denture is constructed of metal and plastic, and it may take several weeks or months to become acclimated to having a foreign object in your mouth.
- Initially your partial dentures may feel slightly uncomfortable on your gums. It is common for sore spots to occur which need adjustment in the dental office. Expect ~1-3 visits for adjustments after the delivery of your partial dentures before perfect comfort is achieved.
- If you find it difficult to pronounce certain words with your new partial dentures, practice reading out loud. Repeat the words that give you trouble. Over time, you will become accustomed to speaking properly with your new partial dentures.

USE OF YOUR PARTIAL DENTURES:

- Wear your partial dentures everyday. If you do not wear them for an extended period of time, teeth may shift or drift causing them to no longer fit.
- Take your partial dentures out at night to allow your gums to rest and “breathe”.
- Begin learning to eat with your partial dentures by starting out with soft foods that are cut into small pieces. Chew on both sides of the mouth to keep even pressure on the denture teeth. Avoid foods that are extremely sticky or hard.

CARE OF YOUR PARTIAL DENTURES:

- NEVER bend any part of the metal clasps on your partial denture yourself, as doing so will weaken them or break them.
- Rinse your partial dentures with water after every meal to avoid food entrapment under the partial denture and on the metal clasps.
- Clean the partial dentures thoroughly, at least once a day with your denture brush and denture cleaner. DO NOT use alcohol, abrasive cleaners, bleaches, whiteners. Toothpaste is too abrasive for dentures and will scratch them.
- DO NOT use boiling water or a dishwasher to clean or soak your partial dentures.
- Keep your partial dentures in a water or denture cleaning solution bath at night or whenever you are not wearing them. Letting them dry out will distort them and cause them not to fit.

CARE OF YOUR TEETH AND GUMS:

- Ensure that you are brushing your remaining teeth 2-3x daily and flossing daily. It is critical to maintain the health of the teeth that support and anchor your partial dentures.