

# Removable Partial Denture Instructions

(Initial Placement, Adjustment, and Servicing of the Removable Partial Denture)

Although it is true that some accommodation (both physical and psychological) is necessary as part of adjusting to new dentures, many other factors are also pertinent. Your new partial dentures will be adjusted at the time of their initial delivery and thereafter as needed. Adjustments will be made by the dentist on the tissue bearing surfaces and the tooth bearing surfaces. The clasps may also be adjusted. Elimination of excess acrylic, smoothing and polishing will occur. This is made necessary by the inadequacies of casting procedures on both the metal and resin components of the denture. Unfortunately, such procedures in the laboratory rarely eliminate the need for final adjustment in the mouth to perfect the fit of the denture to the oral tissue.

## Instructions to the Patient

- Please be aware that missing teeth is a chronic condition and as such your new partial denture requires monitoring to ensure that it provides optimum function without harming the mouth.
- The dentist will instruct you on proper placement and removal of the denture. Do not remove the denture by the clasps which can cause them to loosen or break. The denture should be removed by the pink acrylic bases.
- Discomfort may be experienced initially upon removal and placement of the denture. To some extent, this is due to the bulk of the denture to which the tongue must become accustomed.
- Soreness may develop despite every attempt on the part of the dentist to prevent its occurrence. All needed adjustments will be made. However, there are some patients who are unable to accommodate the presence of a removable partial denture. Fortunately, this number is few.
- The dentist will discuss phonetics (speech) with you upon delivery of the partial denture. Most hindrances to normal speech will disappear in a few days.
- You should keep your denture and natural teeth meticulously clean. If the development of new tooth decay is to be reduced, the accumulation of debris should be avoided as much as possible. The mouth and removable partial denture should be cleaned after eating and before retiring.
- Effective cleaning can be achieved with a soft-bristle brush. Use a non-abrasive dentifrice and avoid household cleaners or toothpastes which contain abrasives which can harm the acrylic-resin surfaces.
- Along with brushing with a dentifrice, additional cleaning may be accomplished with the use of a denture cleaning solution. Soak the dentures in the solution for 15 minutes once daily, followed by thorough brushing.
- If you are dining away from home, rinse the partial denture and mouth with water after

eating if brushing is not possible.

### **Wearing your Dentures at Night**

Opinion is divided on the question of whether the dentures should be worn during sleep. Ideally, one should remove the denture before retiring to allow the tissue to rest. The denture should be placed in a container and covered with water to prevent its dehydration, which can cause it to change shape. The only situation which justifies wearing the denture during sleep is one in which the patient grinds their teeth. This is because once the denture is removed; the stresses of grinding become concentrated on fewer teeth. The broader distribution of the forces of grinding when the partial denture is present provides benefits to the natural teeth which outweigh the detriments to the soft tissues.

Resource: McCracken's Removable Partial Prosthodontics, Alan B. Carr, DMD, MS and David T. Brown, DDS, MS