



Removable Partial Denture Aftercare

The partial dentures you have received are meant to replace your missing teeth and to assist you in keeping your oral cavity in good health. It is intended to support your jaw, increase your chewing ability and improve your appearance. Most individuals will become accustomed to wearing partial within a few weeks, however for others it may take a few months. It is our hope that you are satisfied with your new dentures and with the work you have received. If you are having problems, please call the office at {Practice: Phone number}.

DAILY CLEANING

- Must be cleaned every morning & every evening & rinsed after each meal
- Clean partials gently with a brush, denture toothpaste, mild soap, or baking soda
- Clean partials over a basin of cold water or a soft cloth as they can break if dropped on a hard surface
- Do not hold partials by the clasps as they can break
- Should be placed in denture solution or water when they are not in your mouth— always keep them moist
- Everyday they should be taken out so that the tissues can rest (do not sleep in them)
- Continue to brush teeth twice daily and floss between them

USING YOUR NEW PARTIAL DENTURES

- **Inserting & Removing**
 - Inserting & removing will require some practice
 - Look in a mirror initially to orient yourself during the learning phase
 - Never force the partial into place by biting down as this can break clasps & require expensive repairs
- **Saliva**
 - It is normal to experience excess saliva at first
 - Excess saliva production will subside as your mouth becomes accustomed to wearing it
- **Speaking**
 - It may take some time to get used to speaking
 - Practice privately by reading aloud & listening
- **Eating & Chewing**
 - It will take some time to learn to eat effectively
 - Start with soft foods and plenty of water— eat small amounts slowly during the learning period
 - As your confidence and comfort increase, the replacement of missing teeth should make eating easier
 - Avoid foods that are extremely sticky or hard & do not chew regular chewing gum
- **Wearing**
 - Never wear your partial to bed at night (unless instructed otherwise)
 - It is important to wear your partial everyday— if unworn for an extended period of time, they will not fit properly or even at all
 - **Dental implants** can be utilized to replace missing teeth or provide greater function & stability for the partial— if interested, talk with your dentist
- **Adjustments**
 - As you age, your mouth changes which can affect the fit of the partial
 - If your denture no longer fits properly, breaks, cracks, chips, or if one of the teeth becomes loose, see your dentist immediately.
 - Do not make adjustments or repairs yourself as you may damage things beyond repair— never bend any part of the metal as this may weaken it.
 - Ill-fitting partials need to be adjusted by your dentist as wearing loose partials can have serious oral complications.

- Complicated repairs or relines may require you to be without your partial for a short period of time while it is sent to a special laboratory.
- Adjustments to removable partial dentures are generally included for the first six months after delivery without additional cost.

FOLLOW-UP CARE

- In general, adjustments will be needed in the first few weeks after you receive your partial— always wear your partial for ½ day immediately before returning for an adjustment.
- It is important to be seen for regular check up appointments— if left uncorrected, small problems can develop into major ones which could cause disease, loss of teeth, or necessitate premature prosthesis replacement.
- Every mouth is different and every partial has limitations—most partials last longer with regular maintenance and checkup appointments.
- Call to **schedule regular checkup appointments** with your dentist to keep teeth, gums, and your partial optimally healthy.