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REMOVABLE PARTIAL DENTURE(RPD)
AND COMPLETE DENTURES (CD)

How do you wear a removable partial denture?

Removable partial Dentures (RPD) usually consist of replacement teeth attached to pink or gum colored plastic bases, which are connected by metal framework. RPDs attach to your natural teeth with metal clasps or device called precision attachments. Precision attachments are generally more esthetic than metal clasps and they are nearly invisible. Crowns on your natural teeth may improve the fit of a removable partial denture and they are usually required with attachments. Dentures with precision attachments generally cost more than those with metal clasps. Consult with your dentist to find out which type is right for you.

How long will it take to get used to wearing a denture?

For the first few weeks, your new partial denture may feel awkward or bulky. Remember, RPDs and CDs will NEVER fit or feel as good as your God given natural teeth. However, your mouth will eventually become accustomed to wearing it with much practice and patience. Inserting and removing the denture will require some practice. Follow all instructions given by your dentist. Your denture should fit into place with relative ease. Never force the partial denture into position by biting down. This could bend or break the clasps.

How long should I wear the denture?

Your dentist will give you specific instruction about how long the denture should be worn and when it should be removed. Initially, you may be asked to wear your partial denture all the time. Although this may be temporarily uncomfortable, it is the quickest way to identify those denture parts that may need adjustments. If the denture puts too much pressure on a particular area, that spot will become sore. Your dentist will adjust the denture to fit more comfortably. After making adjustments, your dentist will probably recommend that you take the denture out of your mouth before going to bed and replace it in the morning.

Will it be difficult to eat with a partial denture?

Replacing missing teeth should make eating a more pleasant experience. Start out by eating soft foods that are cut into small pieces. Chew on both sides of the mouth to keep even pressure on the denture. Avoid foods that are extremely sticky or hard. Avoid chewing gum while you adjust to the denture.

Will the denture change how I speak?

It can be difficult to speak clearly when you are missing teeth. Consequently, wearing a partial denture does take time and practice to get use to. If you find it difficult to pronounce certain words with your new denture, practice reading out loud. Repeat the words that give you trouble. With time, you will become accustomed to speaking properly with your denture.

How do I take care of my denture?

Handling a denture requires care. It's a good idea to stand over a folded towel or sink of water just in case you accidentally drop the denture. Brush the denture each day to remove food deposits and plaque. Brushing your denture helps prevent the appliance from becoming permanently stained. It's best to use a brush that is designed for cleaning dentures. A denture brush has bristles that are arranged to fit the shape of the denture. A regular, soft-bristled toothbrush is also acceptable. Avoid using a brush with hard bristles, which can damage the denture. Look for denture cleansers with the ADA seal of approval for safety and effectiveness.

Some people use hand soap or mild dishwashing liquid to clean their dentures, which are both acceptable. Other types of household cleansers and many toothpastes are too abrasive and should NOT be used for cleaning dentures. Clean your dentures by thoroughly rinsing off loose food particles. Moisten the brush and apply the denture cleaner. Brush all denture surfaces gently to avoid damaging the plastic or bending the attachments.

Dentures could lose its proper shape if it is not kept moist. At night, the denture should be placed in soaking solution or water. However, if the appliance has metal attachments, they could be tarnished if placed in soaking solution, so just place in cold water. Never add bleach to the water and never use straight bleach to soak dentures. Bleach will dry out the denture base and cause the denture to fracture.

Why my dentures need adjusting?

Over time, adjusting the denture may be necessary. As you age, your mouth naturally changes, which can affect the fit of the denture. Your bone and gum ridge can recede or shrink, resulting in a loose-fitting denture. Dentures that do not fit properly should be adjusted and/or relined by your dentist. Loose dentures can cause various problems, including sores or infections. In severe cases, the fabrication of a new denture may be needed.

Can I make minor adjustments or repairs to my dentures?

You can do serious harm to your denture and to your health by trying to adjust or repair your denture by yourself. A denture that is not made to fit precisely can cause irritation and sores. Using a do-it-yourself kit can damage the appliance beyond repair. Glues sold over-the-counter often contain harmful chemicals and should not be used on a denture. If your denture no longer fits properly, if it breaks, cracks, or chips, or if one of the teeth becomes loose, see your dentist immediately. In many cases, dentist can make necessary adjustments or repairs, often on the same day. Complicated repairs may require that the denture be sent at special dental laboratory.

Must I do anything special to take care of my mouth?

Brushing and flossing existing teeth and dentures twice a day. This will help prevent tooth decay and gum disease that can lead to tooth loss. Pay special attention to cleaning teeth that fit under the denture's metal clasps. Plaque that becomes trapped under the clasps will increase risk of tooth decay and may lead to losing the tooth that actually hold the RPD in place, thus causing a whole new partial denture to be made.

How often should I see my dentist?

The dentist will advise you on the frequency of dental visits. Regular dental check ups and having your teeth professionally cleaned are vital for maintaining a healthy smile. For people with complete dentures (having no natural teeth) need to see the dentist once a year to make adjustments to any existing dentures and to screen for oral cancers that are easily overlooked by patients because early cancers are usually painless and the denture typically covers the areas where cancer may occur.