



## Partial Denture Instructions

Congratulations on your new smile! Learning to wear new partial dentures takes time and patience, especially your first set of partials. Even if you have previously worn partials, you must realize that your new partials are different, and you may have to change some old habits. Your new partials will need to be adjusted and you will need to adjust to your partials.

### Learning to use your partial denture...

Practice seating and removing the partial while facing a mirror. Never "bite" it into place; rather use your fingers to seat it. The clasps are easily bent if you force the partial to place. A bulky feeling is common to most types of partials. It takes about ten days for your body to get used to its presence. Difficulty in speaking certain sounds can be overcome by reading aloud and practicing the difficult words. After 24 hours, we want to examine your mouth and attend to any problems you may be having. Usually, a sore spot can be seen before you feel it.

### Cleaning your natural teeth...

Decay, bone disease, and gum disease are all caused by bacteria in the mouth. The bacteria can be controlled in many ways. One of the ways is to avoid what the bacteria live on, which are sweets. We also have found that we can prevent these bacteria from settling on our teeth and, of course, on your new partial. All we have to do is disrupt these bacteria by daily flossing and brushing of your natural teeth. Try to get into a habit with your flossing, such as picking the same time every day, to floss and brush. Always remove your partial while flossing your teeth.

### Cleaning your partial denture...

Daily use of facial soap and brush is best for your partial. Hold the partial on one side only to avoid bending the frame. A full strength white vinegar soak for 15 minutes once a week will help the daily soap and brush. Discard the vinegar after each use. Plaque can live on the partial just as the natural teeth so it is important to clean your partial.

### Overnight care...

Remove the partial when retiring for the evening. Dentures can be stored overnight in a container of half mouthwash/water, or half vinegar/water, water and TBS of baking soda, or denture soaking solution. Dentures should not be left out all night to dry out because they could change shape. Leaving dentures in plain water could cause mold to grow on your denture.

### Soreness...

Occasionally, the dentist is not available to treat a sore area in your mouth. Temporary relief is available by using Gly-oxide liquid (available at drug stores). Directions for use are found on the package. Also, a warm salt water rinse (1/4 teaspoon of salt in a glass of water) will soothe the sore tissues until you can see your dentist.

### Checkups & Emergency Care...

You should see your dentist every six months for a dental checkup. For any partial problem that exists beyond four days, you should call our office for an appointment. Never place a drug store type reline in your denture or attempt to use glue to repair a broken denture. This may prevent a successful professional repair. If your denture breaks into several pieces, attempt to bring all the pieces to us. We may be able to repair the denture here at the office. If you have a spare denture, bring it along because sometimes we need to keep the broken denture for a day or more. To prevent breakage of the denture, always wash it above a basin full of water. If your teeth become sensitive to cold or pressure, call for an appointment as soon as you can.