

Instructions for CD (Complete Dentures) and/or RPD (Removable Partial Dentures)

Barth Family Dentistry Dr. Charity A. Barth
1821 Florence Pike #2, Burlington, KY 41005
Phone: 859-689-7700 Fax: 859-689-9641

Many misconceptions and much misinformation exists concerning the use and care of artificial dentures. In order for you to receive dentures, it is important to know certain relevant and pertinent information. Whether or not you have previously worn dentures, the purpose of this instruction is to assist you in transition from your own natural teeth or a previous denture to the new denture.

At the onset, it should be thoroughly understood that any prosthesis or denture is, in reality, an artificial substitute for the natural. **No substitute, regardless of how painstakingly fabricated, dentures will never function as efficiently as your Natural teeth.** This is not to say that you as a denture patient will not be able to master this new appliance. On the contrary, you like millions of other denture patients will learn in time to adequately control and utilize this new denture.

Learning to master the new denture is a gradual process. The length of time required depends upon many factors, such as: patience, perseverance, determination, age, general health, jaw relations, muscle formation, and tissue tone. No two individuals are alike in every respect. Therefore, some patients will learn quickly while others have more difficulty.

No effort has been spared and no technical possibility overlooked in an attempt to provide you with the best dentures possible. Even so, minor discrepancies sometimes exist between tissue tolerance and the prosthesis shape. This is to be expected of a tissue or structure when called upon to function in a manner other than that for which it was normally intended. Adjustments to the denture may often be necessary to assist the tissue in their adaptation to their new environment.

The feeling of bulk or unusual fullness is not uncommon, especially if this is the first experience with dentures. This sensation soon passes as the tissue becomes adapted to the denture. There is usually an abundance of saliva until the salivary glands adjust themselves to the presences of the denture and then resume their normal function. Until this occurs, you should simply swallow more frequently. A piece of hard candy or lozenges will often help the initial feeling of strangeness and promote normal swallowing. Until the tissue becomes adapted to the denture, it is advisable to frequently use a salt water mouth rinse (1 teaspoon to 8 oz warm water). This is not only refreshing to the tissue by cutting down the bacteria in the mouth but helps to decrease the severity of any tissue irritations.

LEARNING TO USE YOUR CD and /or RPD

1. Please be patient and expect that it will take a few weeks before your denture will really feel that it is a part of your body.
2. Speech -- if you have difficulty pronouncing certain words, practice reading them aloud and you will soon master the correct pronunciation.
3. Do **NOT** expect to chew easily and effectively immediately. You must learn to use the new denture and this will take time. Take small amounts of food cut into small pieces with your knife and fork and start with softer types of food.
4. Learning to use the denture effectively is your part of the treatment. Take the time to eat meals slowly during this "learning" period.
5. Swallow frequently at first until your saliva amount goes back to normal.
6. If you bite feels "off" or a sore develops – call and schedule an appointment for an adjustment.

CLEANING AND CARE OF YOUR CD and/or RPD

1. Your mouth and your dentures must be kept as clean as possible all the time.. Failure to do this may result in damage to your natural teeth and gums. Use either, normal toothpaste to clean the RPD a denture cream.
2. You can also soak them in a denture rinse.
3. Remember to always to take your dentures out at night and store them in water.
4. Do **NOT** soak, clean or store your dentures in any type of bleach products. This will make the dentures brittle and cause them to break easily.
5. Rinse with warm salt water.
6. **While brushing/cleaning CD/RPD DO NOT hold the CD/RPD in palm of hand so to NOT squeeze the**

sides of the CD/RPD.

- 7. Squeezing the sides of the CD/RPD will cause the front of the CD/RPD to fracture in half**
- 8. DO NOT drop CD/RPD on hard surfaces (such as countertops, floors etc) for the biteguard will fracture!**
- 9. Keep CD/RPD away from animals. Animals think they are chew toys and will destroy them!**