

**Care and Maintenance of Removable Partial Dentures**

* Remember, as discussed in the preliminary stages of your prosthesis fabrication, it is very common to have sore spots arise after wearing your new partial denture for a day or so. This is true even if you have worn partials before in the past. We recommend that you return for evaluation at approximately 24 and 72 hours after the delivery of your new Partial Denture for sore spot adjustments. Additional adjustments may be required after this as well and can be scheduled as needed.
* Also remember, partial dentures are a good replacement for no teeth, but they are not a good replacement for your natural teeth. This means that you will likely need to retrain yourself to eat and speak with your new partial denture and that there may always be limitations to prosthesis use.
  + We recommend reading the newspaper out loud and watching yourself speak in front of a mirror to help become more comfortable talking with your new prosthesis.
  + We also recommend chewing as evenly as possible with a small amount of food on both sides of your mouth at the same time and not biting into food , if any of your front teeth are included on the partial denture, but rather cutting it and pushing it to your back teeth to chew it up.
  + There will always be some foods that will be more difficult to eat, and will cause your partial to “lift” or dislodge more than others. This is particularly true for lower partial dentures. Additionally small food particles may find their way under your partial when eating, this too will improve with practice, but will likely never completely go away.
* Partial dentures may feel large and bulky at first but with practice and continued use this sensation will diminish with time.
* Like natural teeth, it is important that you clean your partial dentures daily. Use a denture brush and one of the denture cleaning products available at your local retail store to thoroughly clean all surfaces of your partial denture at least once a day. NEVER USE TOOTHPASTE ON YOUR PARTIAL DENTURE. Toothpaste contains abrasives that can scratch your partial denture causing it to stain and retain bacteria.
* After eating it is advised that you thoroughly rinse your partial denture under cool/warm water to remove any debris.
* Use a soft bristled tooth brush to brush your remaining natural teeth, tongue, palate and gums. This will help with fresh breath and will stimulate circulation to the area helping to keep your tissues healthy.
* Tough stains or tartar can be removed by soaking dentures in white vinegar for several hours. After soaking, rinse them with water before placing them back in your mouth. You can also have your partial dentures professionally cleaned by contacting our office.
* ALWAYS TAKE YOUR PARTIAL DENTURE OUT AT NIGHT. In order to maintain healthy bone and gums your tissues will need a break. So always take your partial denture out at night and store it securely
* Anytime the partial denture is not in your mouth it is important to keep it in a tightly sealed container with room temp/warm water. Do not store it in hot water or dry conditions since this can cause malformation of the partial denture. Since the partial denture can smell like what you have eaten during the day, it is very appealing to pets to try and eat the partial denture, so it is very important to keep it in a tightly sealed container.
* When cleaning or handling your partial denture it is advisable to fill your sink with water so that if the partial denture is dropped the water will cushion the blow making it less likely that the partial denture will break or fracture.
* NEVER USE ADHESIVES TO HOLD YOUR PARTIAL DENTURE IN YOUR MOUTH. This can result in increased bone loss which will further aggravate the problem.
* Contact the office right away if you notice any changes in your bite or fit of the partial denture.
* It is very important that you return for regularly scheduled check-ups to evaluate your remaining natural dentition, tissues and partial denture. Remember, although our prosthesis will not change, the foundation (bone) will continue to change with time which may result in the need for further treatment in the future to maintain proper fit and health of the surrounding structures.