

Denture/Partials

Did you just get a denture or partial with us? Below, you can read about what to expect for at home instruction as well as tips on how to adjust to your denture. If you have any questions after reading this page, be sure to let us know.

- **Breaking in Period**
 - New dentures require a breaking in period before they become comfortable. It is normal to feel awkward at first with your new dentures. This length of time varies with each patient depending on their ability, determination, and perseverance to learn how to use their denture.
- **Adjustments of partials**
 - The metal bars/clasps on partials will need to be adjusted every once in a while. Do not attempt to adjust the wire yourself at home to prevent the wire from breaking.
 - Depending on the design of the partial, if anything new is added to the partial, the partial will have a different fit and may require a time that you need to adjust to the new partial.
 - If you lose a tooth and have to add a tooth to the partial, the day you have the tooth extracted, leave the partial in for 24 hours after the extraction to keep the tissue underneath the partial from becoming too inflamed.
- **Looseness**
 - If you had teeth removed immediately prior to placing your denture, it may begin to feel loose. This is due to the gum and bone shrinkage that occurs as the areas heal. Complete healing of the gums and bone takes about 3-6 months. After you have healed, your dentures will loosen and a liner can be placed to make the denture tighter. This process may need to be done several times.
 - Denture adhesives can also help to keep your denture in place.
- **Sore Spots**
 - Sore spots occur due to uneven pressure on the gums, can develop at any time, and is not unusual.
 - If any sore spots develop, please call our office to set up an appointment for an adjustment.
 - Sore spots are best corrected if the dentures are worn at least 3-6 hours before your adjustment appointment to allow for precise detection of the area.
- **Eating**
 - Eating with dentures has a bit of a learning curve, but eventually you will be able to advance your diet to incorporate different foods.
 - Start with soft foods that are easy to chew.
 - Take small bites and chew slowly.
 - Be sure to evenly distribute food on both sides.
 - Cutting up foods that require a lot of chewing or biting with the front teeth can make it much easier.
- **Daily Home Care**
 - It is important to rinse a full/partial denture under warm water after eating to remove food debris.
 - Hot or boiling water can cause the denture to warp.
 - Dentures should be brushed daily with a soft toothbrush or denture brush using warm water, mild soap, or cleaning paste.
 - While not wearing your denture at night, be sure to soak in water overnight. Otherwise the acrylic will dry out overtime and cause the denture not to fit as well.

- It is important to take your denture out at night to allow your tissues to breathe. This helps to avoid irritation and infection of the gum tissue.
- Cleaning tablets can be used while soaking the denture to help remove slight stains.
- After soaking your denture, be sure to rinse it with warm water before putting it back into mouth; mouthwash can also be used after rinsing to give you a fresh taste and feeling
- Rinsing daily with lukewarm saltwater can also help keep your gums clean.