



## **Instructions on Care for Partial and Complete Dentures**

We take time and effort to provide our patients with well-fitting and aesthetic partial dentures. Just as a new pair of shoes, it may take some time to get used to your new partial. Expect to have a few sore spots during the first few weeks. Never feel bad about calling for an adjustment, we expect them!

### **Sore Spots**

Sore spots may develop from wearing your new partial or complete denture. This is to be expected. These areas can be easily adjusted by the dentist.

### **Chewing and Speaking**

Every partial denture fits each individual patient differently. We will adjust the biting surfaces of your teeth at the time of delivery, the 24-hour appointment, and one week out. Depending on many factors it may take time to getting used to speech and chewing.

### **Caring for Your Complete or Partial Dentures and Your Mouth**

Your partial or complete dentures can be cleaned easily by using a regular toothbrush and toothpaste. Use the toothpaste minimally as to avoid abrasion of the teeth or pink acrylic material. When cleaning them, do so over a sink full of water to avoid any damage from dropping them on hard surfaces. Both the denture and natural teeth should be cleaned daily to avoid the chance of developing any decay.

Any ADA approved toothpaste containing fluoride should be used when cleaning both your natural teeth. You may use this same paste with a soft-bristled toothbrush once per day to clean your dentures. Denture soaking solutions are also helpful. It is important to remember that when removing your dentures overnight or for any extended period of time to leave them soaking in water or mouthwash solution. The pink plastic, or acrylic, portion of the partial denture may become brittle without moisture.

### **The Future**

Without teeth, your jawbone and attached tissue will shrink about 1/32 of an inch each year. Because of this shrinkage, we recommend planning on having your dentures and oral tissues evaluated by us at least once per year. If needed, we will recommend relining or rebasing the denture. Wearing ill-fitting dentures for an extended period of time can cause tissue problems and may lead to other more serious problems.

If you experience anything that you may think is abnormal with your dentures, please do not hesitate to call. It is our goal to provide you with functional and aesthetic dental work, if there is anything we may do for you please do not hesitate to call.

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