

# Dental Health P.C.

## Complete Dental Health L.L.C.

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### HOME CARE INSTRUCTIONS FOR PARTIALS AND DENTURES

#### What is to be expected with you new Partial and Denture

- ❖ Chewing, stability and retention - Removable dentures do not have the same chewing efficiency as natural teeth. The stability and retention of dentures depends on many factors, including the attachment of the dentures to natural teeth or implants if any, the amount and type of bone, gum tissue and saliva as well as the patient's dexterity and the fit of the dentures.
- ❖ The presence of acrylics, metal or porcelain in areas that are not normally covered can alter speech and will require adaptation of the tongue and lips for proper speech.
- ❖ Dentures can affect the taste of food, especially if the dentures are not properly cleaned. Dentures may acquire stains and odor. Proper cleaning is important.
- ❖ Dentures are subject to wear as well as are all fabricated appliances or restorations. Worn portions may be replaced or the entire denture may need replacement.
- ❖ Relines may be needed as the gum tissue and bone underneath change with time.
- ❖ A numb lip may be induced from pressure from a removable denture. This problem requires selective adjustments and in very rare cases a nerve might need to be surgically repositioned.
- ❖ Removable appliances may retain food in certain spots. This is unavoidable and requires that the patient practice meticulous home care.
- ❖ Some soreness is to be expected, usually within a few hours of putting your dentures or partial in your mouth. If soreness continues, make an appointment with your dentist. An adjustment may be necessary **(never try to adjust them yourself)** If needing an adjustment, leave partial or denture in for 24 hours, so the partial or denture can be adjusted properly.

#### Proper Care for Your Dentures and Partial

- ❖ Clean your dentures or partial over a sink filled with water to avoid breakage if they drop.
- ❖ Rinse dentures or partial thoroughly in warm water to remove any loose particles.
- ❖ Moisten a denture brush to clean all surfaces of your denture or partial gently. Brushing too hard can damage any plastic or metal parts. Rinse and brush in clean warm water.
- ❖ Use a soft bristle toothbrush and a fluoride toothpaste to brush your gums, tongue, palate, and natural teeth before reinserting your dentures or partial. This removes plaque from your mouth and stimulates circulation.
- ❖ Rinse with mouthwash for a refreshing feeling.
- ❖ For a deeper cleaning use Efferdent or Polident once a week.