

## Dentures/Partial Dentures

*Follow all home care instructions as provided by your dental team. They provide individualized instructions to help you best care for YOUR mouth.*

*It is important to adhere to your recommended follow-ups and hygiene maintenance appointments, so that we can properly monitor and promote the success of your oral and overall health.*



- **It is normal to experience some discomfort, sore spots and speech problems** while getting used to your new dentures.
  - Your dentures **will** need a few adjustments until you are comfortable.
  - To help with speech, read aloud for a few minutes every day. Your mouth will adjust, and your speech will improve.
  - Your bite will need to be adjusted as your dentures settle.
- It is important to clean your denture with a denture brush and a mild toothpaste or dish soap. Soaking your denture once a week in a denture cleaner (Polident tablets, etc) will keep them clean and reduce staining.
- You should **leave your dentures out for at least six hours overnight** to allow your gums to rest and your tissues to “breathe”. This also helps to prevent any bacterial or fungal infections.
- **After meals, rinse out your mouth and rinse off your dentures.** Food particles trapped under the denture cause inflammation and sore spots.
- If you require or prefer the use of **denture adhesives**, please use only the approved adhesive recommended by your doctor. Clean out and replace the denture adhesive regularly (2-3 times daily, as needed).
- Brush the roof of your mouth as well as your gums and tongue, twice daily. This will help keep your mouth healthy.
- For partial dentures with metal clasps, special care should be taken while inserting and removing them. **Keeping your partials and remaining natural teeth absolutely clean is imperative to preventing gum disease and tooth decay.**
- You should return to have your dentures and mouth checked **at least once a year.**
  - As changes in the mouth occur with further bone loss and wear on the teeth. These changes will make the denture not fit right thus causing trauma to your gums and bone leading to continuing damage.
- With proper care we expect you to have years of satisfied use of your dentures. However, **over time, there are changes in your jawbone and gums.** When this occurs, your dentures/partial will feel loose and may require relining or refabricating. Wearing ill-fitting dentures/partial for too long without refitting can cause severe bone loss and very serious oral disease.