



Your New Removable Partial Dentures

We have done our best to provide you with well-fitted, functional, and aesthetically pleasing partial dentures. We feel confident that after a few weeks of adjustment to them you will enjoy years of satisfaction and use from them. In the meantime, the following is information you need to know.

- 1. Your First Few Weeks.** New dentures always feel strange when first placed in your mouth. Several days or even a few weeks will be required for you to feel accustomed to them.
- 2. Sore Spots.** Your mouth usually will have a few sore spots about 24 hours after you first put in your new partial dentures in. An initial readjustment appointment should be made; and another appointment about seven days later will usually eliminate any other sore areas.
- 3. Chewing.** The new “bite” or occlusion will not feel comfortable for a period of days. We will adjust the contacting surfaces of your teeth after 24 hours, and again in about one week after the dentures have “settled” into place.
- 4. Cleaning the Dentures – and Your Mouth.** Your partial dentures can be cleaned easily by using a denture brush and a toothpaste. Use special care to clean parts of the partial that contact any natural teeth. Both the partial denture and the natural teeth *must* be kept very clean on a daily basis to reduce the chance of new dental decay starting. Use a toothpaste that contains fluoride. Denture soaks are also useful for the denture. Brush your gums with a regular toothbrush once per day to toughen and clean them. You may leave the dentures in or out of your mouth at night, de-pending on your preference. If they are out of your mouth, then leave them soaking in a water-and-mouthwash solution.
- 5. The Future.** Your jaw bones and gums shrink up to 1/32 of an inch per year when your teeth are missing. This is one of the main disadvantages of dentures. Because of this shrinkage, you should plan to have your dentures and oral tissues evaluated by us *at least every six (6) months*. We will inform you when relining or rebasing of the dentures is necessary. Wearing ill-fitting dentures for too long can cause severe bone loss and very serious oral disease.