

DENTURE & PARTIAL INSTRUCTIONS

Congratulations on your new smile! We are sure you will want to do everything you can to protect it. Here are some helpful hints:

Dentures and partials are life changing in many ways and require time to adjust. In the meantime, expect a change in eating, biting, speech, taste, temperature, and esthetics. However, before long, you will learn to overcome each of these.

DO'S & DON'T:

- **DON'T** wear your denture/partial during the night. This will prevent fungal growth in your mouth and on your denture.
- **DON'T** use bleach to clean your metal-based partial. It will tarnish the metal structure and lead to rusting. However, you can bleach your full acrylic denture for less than 10 minutes at a time. Any longer than 10 minutes will damage the denture. Use a ratio of 1(bleach):10(water) when you do. This should only be done periodically.
- **DON'T** boil your denture/partial.
- If your denture is loose, collects food debris, or is causing sore spots, **DO** try to use a small amount (3 pea size drops) of Fixodent to hold in place, seal out food, or to act as a cushion. Make sure to remove this material from your mouth and denture daily.
- If you develop a sore area, **DO** keep the appliance out of your mouth as much as possible and use Oragel or Anbesol to numb the area until you can get an appointment with us to have the area adjusted on your partial.
- If you have had teeth removed recently, **DO** expect the partial to require adjustment and relining in the future. This is because your bone and gums will change shape over the next six months as they heal, thus creating gaps between your appliance and gums.

CLEANING GUIDE:

- Dentures/partial need to be cleaned daily by soaking and brushing them in an effective over-the-counter non-abrasive cleaner outside of the mouth.
Brushing your denture can scratch the acrylic/plastic surface of your denture/partial. Brush gently and with a soft bristle brush.
- Rinse off the cleaner before inserting into your mouth or before storing in water overnight. They can warp if they aren't stored in your mouth or in water.
- Have your appliance professionally cleaned once a year by your dentist.

Enjoy your new smile and give us a call if you have any questions!

