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WHAT TO EXPECT AND HOW TO CARE FOR YOUR NEW REMOVABLE PARTIAL DENTURES

You Are an Individual

You have new partial dentures, which will fit and feel different than what you have been used to. As you are adjusting to your new partial dentures, remember that no two people are the same. Therefore, do not compare your progress in adjusting to the new partials with another person. What is annoying and painful to some will not be true for others. Some people have an easier time adjusting because they have larger, stronger bone and more teeth to support their partials. Disregard comments of others who may say "I never had a bit of trouble when I had my new partial dentures made." Many people tend to forget the problems they had adjusting.

Sore Areas With Partial Dentures

An appointment will be made for you 24 to 48 hours after insertion of your new partial dentures. Sore areas may develop within this time period and it is important to find and adjust the cause of the sores. Your new partial is made of two parts. The first is the framework made of cobalt-chromium. The teeth and gums are made of an acrylic material. Do not attempt to adjust the partial dentures yourself because they can very easily be made worthless by a do-it-yourself adjustment. As patients use the partials, they will settle on the soft tissues and remaining teeth. This will necessitate additional adjustment appointments, as the occurrence of new sores is certainly possible. If you find it necessary to remove your partial because of excessive soreness, reinsert it 24 hours preceding your appointment for the adjustment. This will make it possible to see the pressure areas on the tissue and pinpoint accurately where to adjust the partial.

Speaking With Partial

Learning to talk with your partial in place requires practice and perseverance. Reading aloud is a very helpful method of learning to pronounce words distinctly. Practice those words or sounds that seem to give you the most difficulty. It takes time for the tongue to learn the different positions necessary to make good speech sounds with new dentures.

Chewing With Partial

Learning to chew with partials will probably take six to eight weeks. Patience is required to learn to eat with your dentures. At first, limit your diet to soft foods that are easy to chew. Gradually learn to eat foods that are more difficult. Cut food into small pieces. Take small bites and chew slowly, trying to overcome the difficulties as they appear. If possible, learn to chew on both sides of your partial. Since the muscles of the cheeks, lips, and tongue will tend to displace your dentures, do not develop the habit of displacing them with these muscles. Rather, train these muscles to assist in keeping your partial dentures in place.

Increased Saliva With Partial

Do not be alarmed at the greater amounts of saliva in your mouth during the first few weeks of wearing your partial. This condition will correct itself, as you become accustomed to wearing them.

Oral Hygiene With Partial

Your partial should be left out of your mouth at least eight of every twenty-four hours to allow the tissues to rest from the pressures placed on them by the partial. Failure to allow the tissues to rest can result in chronic irritation to the tissues, the development of certain fungal infections and more rapid loss of bone. (Remember that this bone is desperately needed to provide support for the dentures in future years so it must be conserved.)

It is important to clean your partial and rinse your mouth after every meal. The tissues of the mouth and tongue should be brushed daily with a soft bristle toothbrush. This provides stimulation for increased circulation and removes debris that could cause irritation and offensive odors.

Good oral hygiene is a must to save the remaining teeth and prevent further bone loss. Brush twice daily and floss at least once a day.

Longevity of Partial

The assumption that partials will last a lifetime is incorrect. Take into consideration that both the partial and tissues will change over a period of time. It is suggested that your mouth is examined and the fit of your partial be evaluated by a dentist on a yearly basis.

Shrinkage or resorption of your ridges is a normal occurrence. This results in a loosening of your dentures and perhaps a change in facial expression due to a settling of the partial on the ridges. Sometimes you will notice these changes within a few weeks. In some people it may not occur for many months or even years. Never try to repair, relin, or adjust the partial yourself. This could be destructive to the tissue and underlying bone on which the partial rests.

Limitation of Partial

Do not expect your partial to function as your natural teeth once did. Learn to know the limitations of your partials and adjust your living habits accordingly.

How To Care For Your Partial

It is important that your partials be kept clean. Accumulation of food debris around the teeth and under the partial can result in irritation to the tissue and unpleasant odors.

Insert and remove the partial as instructed. Do not bend the clasps. Even though the metal is strong, it is still brittle. Grabbing hold of the metal wires while trying to remove the partial may cause a stress fracture of the framework.

Partials should be cleaned after every meal by rinsing them thoroughly under running water and rinsing your mouth.

Different commercial denture cleansers are available for cleaning your partial dentures. It's preferable to use a non-abrasive cleanser, as you do not want to alter the surface of the dentures. Never use bleach or any products containing corrosive material which could ruin the surface of the metal framework. If you choose to use a commercial cleanser it is important to closely follow the instructions given with the product. These cleansers are not designed for use in the mouth. Typically, the denture should be soaked in the rinse for a maximum of 15 minutes and rinsed thoroughly before placing the denture back in the mouth. Dentures should only be soaked overnight in clean water.

Post-Op Period

Any follow-up appointments or adjustments to your new partial will be done at no charge to you for **three months** from the date of delivery. After this period, office visits will incur an additional charge.