

# Partial Removable Dentures

We have done our best to provide you with well-fitted, functional, and esthetic removable partial dentures. We feel confident that after a few weeks of becoming adjusted to the new partial dentures, you will have years of satisfaction and use from them.

1. **The 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:** Usually, your mouth will have a few “sore spots” after wearing the dentures for 24 hours. Don’t worry about these areas. They can be relieved with very little effort during your next appointment. Another appointment about 7 days later will usually eliminate any other sore areas.
3. **Chewing:** The new bite will not feel comfortable for a period of days. We will adjust the contacting surfaces of your teeth in 24 hours and again about one week after the dentures have “settled” into place.
4. **Cleaning the Dentures and Your Mouth:** Your dentures can be cleaned by using a soft bristle toothbrush and a mild denture cleaning paste. Use special care to clean the parts of the partial denture that contact 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 fluoride-containing toothpaste for the natural teeth. If suggested by us, use high fluoride-containing toothpaste such as PreviDent (Colgate) as a brush-on material on a daily basis. This product requires a prescription from us.

Denture soaks or cleaners are also useful to help in removing debris from the denture. Please ask us if you are interested in small “sonic” cleaners available for home use. 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, depending on your preference. If they are out of your mouth, leave them soaking in water to avoid dehydration and warping.

5. **The Future:** Your jaw bones and gums shrink up to 1/32 of an inch per year when your teeth are missing. This shrinkage is one of the main disadvantages of artificial dentures. Because of this shrinkage, you should plan to have your dentures and oral tissues evaluated by us at least once every 6 months. We will inform you when refitting of the dentures is necessary. Wearing ill-fitting dentures for too long without refitting can cause severe bone loss and serious oral diseases.

We look forward to helping you enjoy your new partial dentures.