

Partial/Denture Post Op Instructions

- Leave your partial/denture out at night while sleeping. If this presents problems, they should be left out some other time during the day. A partial/denture should be left out for at least 6 out of every 24 hours to allow tissue recovery and to reduce bone resorption.
- Clean your partial at least once a day. Avoid cleaning your partial/denture with a harsh abrasive or hard-bristled brush. DO NOT USE toothpaste on partial/denture. This is too abrasive. Any over-the-counter denture cleaner is safe and effective. Keep them covered in water when they are not in your mouth to prevent warpage of the acrylic. After meals, remove your partial and rinse them off. Brush your teeth and gums gently with a soft toothbrush at least once a day to stimulate circulation and to keep gums tough and firm. Good oral hygiene will maintain your partials/dentures, teeth, and gums longer.
- It is important to chew on your back teeth on both sides at the same time. Extremely hard foods should be avoided, such as corn-on-the-cob, apples, hard nuts, etc.... Start off with soft foods so you can train your muscles to help you place and chew your food. Chewing gum with a partial/denture can also increase ridge resorption and is not recommended.
- On insertion of your partials/dentures, your mouth will feel full, especially if you have not worn partials previously. You will become accustomed to this in a short time. You may also notice some speech distortion initially and this will disappear in 1-2 weeks time. Saliva flow is often markedly increased, but this will level off usually in about a weeks time.
- You should expect some adjustment period with sore spots as you become accustomed to your partials/dentures, even if you have worn them previously. Some people take longer than others to adapt. Time and patience are important. Having the partial/denture adjusted by the dentist or dental assistants the first 1-2 weeks after getting the appliance is usually necessary.
- Follow-ups are especially important to maintain good looks and function. We will schedule mutually convenient appointments for adjustments and follow-up care.

Most people experience some discomfort when they start wearing a new partial, but call us right away if you have:

- A spot where the partial is rubbing and creating a sore spot.
- Need for a bite adjustment. (Bite feels off, biting on one side more than the other.)
- Partial/denture clasp can become loose over time and will need to be adjusted.
- DO Not try to adjust your partial/denture yourself. This needs to be done by a dental professional.