

Stillwater Family Dental
(651) 351-0890

INFORMATION ABOUT YOUR NEW REMOVABLE PARTIAL 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 dentures, you will have years of satisfaction and use from them.

The following information will be helpful to you at this time:

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:** Usually, your mouth will have a few “sore spots” after wearing the dentures for 24 hours or even a few days. Don’t worry about these areas. They can be relieved during your next appointment. Another appointment about 7 days later will usually eliminate any other sore areas.
3. **Chewing:** The new bite or occlusion may not feel comfortable for a period of days. We will adjust the contacting surfaces of your teeth after 24 hours and again about one week after the dentures have “settled” into place.
4. **Speaking:** Learning to talk with your dentures in place requires practice and perseverance. Practice reading aloud, such as reading the paper or a book, and concentrate on words that are difficult to read.
5. **Cleaning The Dentures And Your Mouth:** Your dentures can be cleaned easily by using a denture brush and either dish soap or regular hand soap. Rinse Well. When cleaning the partial dentures, place a little water in the bottom of the sink. This protects the partial dentures in the case of dropping them. Hold the partial denture securely, but not too much pressure. This can fracture the partial denture if too much pressure is placed on them. Remember the teeth and gums are plastic and need to be handled gently. 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 the new dental decay starting. Use fluoride containing toothpaste. Denture soaks are also useful for the denture. Brush your gums with a regular toothbrush twice per day to toughen and clean them. It is best to remove your dentures from your mouth at night. This allows the tissue to “breathe”. Rinsing them prior to inserting them is sufficient.
6. **The Future:** Your jaw bones and gums shrink up to 1/32 of an inch per year when your teeth are missing. Because of this shrinkage, you should plan to have your dentures and oral tissue evaluated at least every 6 months by us. We will inform you when relining or rebasing of the denture is necessary. Wearing ill-fitting dentures for too long without refitting can cause severe bone loss and very serious oral diseases.

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