

## Partial Denture

Now that you've taken a significant step toward restoring your smile and ability to eat, please take care of your new partial denture and your mouth by following these tips and home-care instructions.

### SORE SPOTS

Don't panic! It's very common to have a few sore spots, especially within the first 24 hours of wearing a new partial and even within the first few weeks. Sore spots occur when the partial is putting too much pressure on one area of your mouth.

Call our office so we can make any necessary adjustments to help eliminate the sore spots. Be sure to wear your partial the day of your appointment to help us identify the sore areas of your mouth.

Never try to adjust or repair your partial yourself – you could easily damage it and affect how it fits.

To soothe your gum tissue, remove your partial denture and rinse your mouth with warm saltwater.

### CHEWING

Your new bite (or occlusion) may not feel comfortable for several days. We can adjust the contacting surfaces of your teeth during this initial phase until your new partial denture has settled into place.

### CARING FOR YOUR PARTIAL DENTURE

You will need to clean your partial denture daily. (Before cleaning, be sure to fill the sink with water or lay a soft towel down – a partial denture can break if it falls on a hard surface.)

Follow these cleaning tips:

- **Rinse your partial denture under warm water after each meal to remove plaque and food debris.** Do not use boiling or very hot water – doing so can cause the partial to warp and affect its fit.
- **Soak your partial in water using denture-cleaning tablets to help remove light stains and loosen plaque buildup** (i.e., Polident for Partials or Efferdent Dental Appliance Cleaner, available on Amazon or at Walmart/Walgreens/CVS, etc.).
- **Brush your partial daily with a soft denture brush and use denture paste/foam** (i.e., Polident Fresh Cleanse, available on Amazon or at Walmart/Walgreens/CVS, etc.). Regular toothpaste is too abrasive and can cause scratches in the acrylic.
- **After soaking, be sure to rinse your partial thoroughly under warm water before reinserting it into your mouth.**

### Additional Tips:

- **When traveling or if you remove your partial denture temporarily, always place it in a denture case to keep from losing it.** Never place it on a napkin or tissue. We have had patients accidentally throw away a partial denture after placing it on a napkin, paper towel, or tissue for “just a moment.”
- **Dog owners:** Please keep your partial denture out of reach of your dog! We cannot emphasize enough that your dog will think your partial is a chew toy and destroy it given the opportunity!

### CARING FOR YOUR MOUTH & GUM TISSUE

Both your partial denture and natural teeth must be kept very clean daily to reduce the chance of new dental decay forming.

- When not wearing your partial, always keep it in water or a denture solution; otherwise, the acrylic will dry out over time causing it to become brittle and affecting the fit.
- Unless otherwise instructed, remove your partial before going to sleep each night to allow your gum tissue to breathe. Doing so will help prevent irritation and discomfort and infection of the soft tissue beneath your partial.
- While your partial is out of your mouth, use a damp washcloth or very soft toothbrush with warm water (or warm salt water) to clean your gums. Clean the ridges where your partial sits as well as your tongue, lips, cheeks, and roof of your mouth. Rinsing daily with warm salt water will help keep your gums clean.
- Use a soft toothbrush and fluoride toothpaste to clean your natural teeth.

A new partial denture always feels a little strange when first placed in your mouth. Several days or even a few weeks is a normal amount of time for you to become accustomed to it.

If you have any questions about your new partial denture or need an adjustment, please call our office to schedule an appointment. We're here to help!