



Instructions for the wear and care of Removable Partial Dentures

Your new removable partial denture is meant to replace one or more missing teeth. If properly used, it will increase your chewing ability, restore support and stability to the jaw, and improve your overall oral health and appearance.

If your mouth is to remain healthy, you must learn to use and maintain your removable partial denture. Please read this document thoroughly and remember that the care and cleaning of the removable partial denture are your responsibility.

Learning to Use Your Partial Denture

1. Please be patient. It will take 7 to 10 days before your removable partial denture feels like a natural extension of your body.
2. If you have difficulty pronouncing certain words, practice reading them aloud. You will soon master the correct pronunciation.
3. Do not expect to chew easily and effectively during the first few weeks. You must learn to use the new partial denture --- and this will take time. Start with relatively soft foods, and cut your food into small pieces. Eat slowly during this “learning” period. Learning to use the partial denture effectively is your part of the treatment.

Placing and Removing Your Partial Denture

1. Place the removable partial denture with your fingers. Never “bite” the removable partial denture into place. Biting the partial denture to place could harm the remaining teeth or damage the partial denture.
2. Each removable partial denture must be placed and removed in a specific direction. If the removable partial denture is difficult to place or remove, stop and make sure you are using the correct pathway. Do not force the partial denture when placing or removing it.

Cleaning Your Partial Denture

1. Your mouth and your partial denture must be kept as clean as possible. Failure to do so may result in damage to your natural teeth and gum tissue.
2. Remove and clean your partial denture and natural teeth after each meal and snack. (At the very minimum, rinse your mouth and partial denture to remove food debris.)
3. Use a soft toothbrush and a non-abrasive toothpaste (or liquid dishwashing detergent) to clean your removable partial denture. Soft spiral brushes may be helpful to clean inside the clasps that help secure the partial denture in the mouth.
4. Removable partial dentures are slippery when wet. Scrub the partial denture over a basin filled with water or over a towel. The water or towel will cushion the fall if the partial denture should slip from your hands. If you should drop the partial denture and bend any of the metal parts, do **not** attempt to straighten them yourself. See your dentist.

Overnight Care

1. Always leave the partial denture out of your mouth at night. Your mouth, like the rest of your body, requires a period of rest.
2. Store the partial denture in water when it is not in your mouth. This prevents the plastic parts from drying out and warping.
3. Numerous over-the-counter denture cleansers are available. These may be supplied as tablets or liquids. These cleaners do not take the place of adequate brushing. Denture cleansers should be used only after the partial dentures have been cleaned using a toothbrush and toothpaste.
4. Develop the habit of examining your mouth in the mirror. Carefully examine your gums, tongue and cheeks. Look for debris around the teeth and on the gums. Clean the mouth thoroughly to ensure debris and accumulations are removed.
5. Examine your teeth for decay, stains or brown deposits, especially, at the gum line. Carefully test your remaining teeth for excessive movement.

Difficulties

1. Be sure to see your dentist 24 hours after receiving your removable partial denture. Sore or irritated teeth and gums must be treated immediately. You should be given another appointment one week after delivery of your partial denture. This appointment is necessary to ensure that your teeth and gums are comfortable and healthy.
2. You should be seen at least every six months for examination and a thorough dental cleaning.
3. A dental examination by your dentist is necessary whenever there is:
 - Soreness or irritation of the teeth or gum tissues.
 - Evidence of tooth decay or looseness.
 - Excessive movement of the removable partial denture.
 - Calculus or stain on the denture or on natural teeth.
4. Home remedies for ill-fitting dentures aggravate a bad situation and can damage your teeth and gums. You should contact your dentist if you have a problem.