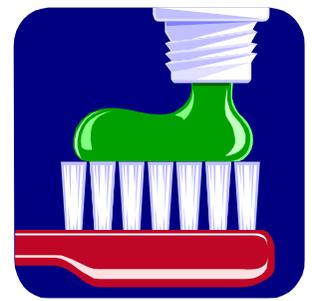


Your new Removable Partial Denture and its care



Congratulations! You now have a modern removable partial denture. Several weeks of wear, perhaps six to twelve, are necessary before the partial denture will feel natural and “a part of you.” Even though it may feel unusual to you at first, you can start enjoying the appearance of your new teeth, and their improvement in your eating efficiency, right away. Here are some other things that you will need to know to make your transition easier and keep your denture in top shape.

Please leave the partial denture out of your mouth each night. The gum tissues and your other teeth need a chance to rest or they may develop problems from overuse. Any daily rest of about eight hours is fine; most people just remove the denture at bedtime. Keep the denture moist (under water, in a cup is fine) when it’s out of your mouth. It is OK to use commercial denture soaks, but do not use laundry bleaches as these may erode the metal of your denture.

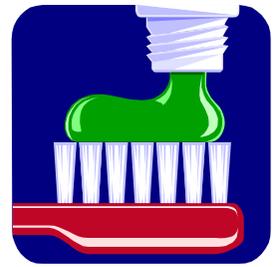
In the morning when you get up and brush your natural teeth, brush your partial denture, too, before you wear it. A little toothpaste is good, but be gentle with the pink and white acrylic plastic parts. It is safest to brush your denture over a sink or basin that is partly full of water. If you drop the denture, the water cushions the fall.

Sore spots are common with a new partial denture. Teeth that support the denture may get sore, too. If you have any soreness, call us at **292-7115** to get back with your doctor for attention.

Excessive salivation is a problem for some people. This usually goes away after the first few days. If it lasts over a week, call us.

Care of your remaining teeth is more important than ever. Brushing, flossing and routine check-ups are the best way to keep not only the teeth that support this denture, but your other teeth, as well.

Your new Dentures and their care



You have just received a modern complete denture. Several weeks of wear, perhaps six to twelve, are necessary before the dentures will feel natural and “a part of you.” Even though they may feel unusual to you at first, you can start enjoying the appearance of your new teeth, and their improvement in your eating efficiency, right away. Here are some other things that you will need to know to make your transition easiest.

Everyone is different. Don’t compare your friends’ denture experience to your own situation. Many factors are at work, here, such as the size and shape of your bone ridges, your muscle coordination (experience level), and your psychological make-up (are you a hard-charger or more laid-back?). Commonly, it takes two or three months to “get to know” new dentures, even if you are an experienced denture wearer.

Please leave the dentures out of your mouth each night. The gum tissues and your other teeth need a chance to rest or they may develop problems from overuse. Any daily rest of about eight hours is fine; most people just remove the denture at bedtime. Keep the denture moist (under water, in a cup is fine) when it’s out of your mouth. It is OK to use commercial denture soaks, but they are expensive. You can make good soak by mixing a teaspoon of bleach (Chlorox works well) and a half-teaspoon of dishwashing detergent in a cup of water. You can use this as an overnight soak. Be sure to rinse the denture well before wearing it.

In the morning when you get up brush your denture before you wear it. A *little* toothpaste is good, but be gentle. It is safest to brush your denture over a sink or basin that is partly full of water. If you drop the denture, the water cushions the fall. Do not use very hot water, or the denture may warp.

Sore spots are common with a new denture. If you have any soreness, call us at **292-7115** to get back with your doctor for attention.

Your new Dentures and their care

Excessive salivation is a problem for some people. This usually goes away after the first few days. If it lasts over a week, call us.

Biting is different, now. Your tongue is very important in biting and chewing. The tongue can help stabilize the lower denture. To do this, put the tip of the tongue against the backs of the lower front teeth as you bite.

Chewing is different, too. The front teeth are primarily for looks, the back teeth are designed to chew. Chewing works best if you chew your food in two parcels, one on each side of the mouth. Patience is truly a virtue, here. To ease the adjustment, try soft foods and ground meats, very small bites, and eating in private until you gain confidence. Some difficult foods are sticky ones and those with small seeds or other hard parts. Fish bones may not be noticed while chewing: be especially careful when eating fish.

All dentures move in use. Dentures rest on gums, which are soft and spongy. Even with good muscular control, there will be some movement.

Your speech will be different. For some people the difference will be too slight to notice. Even if there is a noticeable difference, most people adjust to sounding “right” in a few days.

There’s more to come! This is not the end of your need for dental care! You will still need annual dental examinations to make sure your gums stay healthy. As you progress through the years, getting wiser and wiser, your gums and the bone underneath will change shape. This makes the dentures loose, as the dentures still try to fit the way you were when the dentures were first made. A “good fit” can last for three to five years, seldom longer. Dentures can be refit through a process called “relining,” if the dentures are otherwise fine. Denture teeth can wear, too. When the denture teeth show significant wear, it is usually best to have all-new dentures made. This decision is best left to your dentist. The overall result is that you will still need dental care as time passes.



*We hope that you enjoy your new smile,
and that your dentures give you years of service.*

Your new Overdenture and its care



You have just received a new overdenture, the completion of many visits and many hours in treatment. As with any artificial replacement for missing teeth, there are some guidelines you should follow to get the best results. Read your handout on standard dentures, but add this information to help you with your unique needs as an overdenture wearer. Here are some things that you will need to know.

Hygiene is very, very important! Maintaining your abutment teeth, the ones under your denture, requires that you keep these teeth very clean. Being covered by the denture, these teeth will accumulate bacteria and debris even more before. Brush these teeth at least twice a day; floss them, too, to get around the backs and under the gums. These teeth are what makes your denture an “overdenture.” Take care of these teeth to maintain the underlying bone and maintain the support for your denture.

Fluoride is cheap insurance. If your dentist believes that tooth decay is a problem for you, your dentist will probably prescribe fluoride as a gel. The gel should be put into your denture, at the spots where the abutment teeth fit, once a day after brushing your teeth. Then wear the denture so the fluoride bathes the abutment teeth, giving them a fluoride treatment. Leave the dentures in at least twenty minutes when you do this.

Please leave the dentures out of your mouth each night. You read about this in the other handout, but it’s so important that it is repeated here. The gum tissues and your other teeth need a chance to rest or they may develop problems from overuse. Any daily rest of about eight hours is fine; most people just remove the denture at bedtime. Keep the denture moist (under water, in a cup is fine) when it’s out of your mouth. It is OK to use commercial denture soaks, but they are expensive. You can make good soak by mixing a teaspoon of bleach (Clorox works well) and a half-teaspoon of dishwashing detergent in a cup of water. You can use this as an overnight soak. Be sure to rinse the denture well before wearing it.

Don’t forget your annual dental exam.

Your new Immediate Denture and its care



You have just received an immediate denture, the completion of several visits and many hours in treatment. Most important for now is your comfort. The person who removed your teeth probably prescribed some pills to control pain. Follow the directions with those pills; call us if they don't do the job for you. Now, let's talk about your new denture. As with any artificial replacement for missing teeth, there are some guidelines you should follow to get the best results. Here are some things that you will need to know.

For the first night *ONLY*, leave your denture in all night. Don't even take the denture out in the morning. If your first follow-up visit is tomorrow, the day after you get your new denture, then let your prosthodontist (the doctor who made the denture) remove the denture at that follow-up visit,. Some sore spots will probably develop. Many times your prosthodontist will be able to see irritations when they are small, before they even start to hurt, if your denture is left **in** that first night. This allows correction of problems before you even notice them. For all other nights **after** the first night, please be sure to take your denture **out** at night.

The denture probably will not fit you. That may seem to be a strange thing to read, but the truth is that we don't know just what shape your gums will be, once your teeth are removed. We have to make an educated guess to create the form of the denture where it fits against your gums. What is worse is that your gums will change shape even more as you heal from the tooth extractions. The change is rapid at first, then it slows, but it never completely stops. The result of all this is that your denture will need to be refit several times over the next few months to keep it working reasonably well. This refitting may be done with a soft plastic material, or with a hard material. When your prosthodontist believes the time is right, he or she may recommend a hard, "permanent" refitting, or may recommend a new set of dentures. Whichever is done, what you get should fit well for three to five years. No denture should be expected to fit for longer than this, as your mouth changes over time.

Hygiene is very, very important! At your first follow-up visit, we'll talk more about this, but remember that cleaning your new denture is very important to keep it working well and to keep your mouth healthy.