

## **INSTRUCTIONS FOR REMOVABLE PARTIAL DENTURE PATIENTS**

The dentures you have received are a replacement for your missing teeth. They will attempt to restore support to the jaws, increase your chewing ability and improve your appearance. This information sheet will assist you in your adjustment to new dentures. It is your responsibility to learn to use your dentures.

### **LEARN TO USE YOUR NEW DENTURES**

Be patient. Expect it to take a week or ten days before your dentures will feel that they are a part of your body. If you have difficulty with speech, practice by reading aloud and you will soon master this problem.

Do not expect to chew easily and efficiently at first. You must learn to use the new dentures and this will take time. Take small amounts of food cut into small pieces with your knife and fork. Start with softer foods. Take the time to eat meals slowly during this learning period.

### **PLACING AND REMOVING THE DENTURES**

Place and remove the dentures with your fingers. Never bite the partial denture to place. There is one definite path of placement and removal. If the partial denture binds, be sure you are in the correct path of insertion. Never force the denture.

### **CLEANING THE DENTURES**

Always keep your mouth and your dentures as clean as possible. Failure to do so may result in damage to your natural teeth and gums. Remove and clean the dentures and natural teeth after each meal. Use regular soap or toothpaste to clean the dentures. Dentures are slippery when wet, so brush them over a basin filled with water or over a towel. If you should drop and damage the dentures, do not attempt to make your own repairs.

### **OVERNIGHT CARE**

It is advisable to leave your dentures out of your mouth at night. Your mouth, like the rest of your body, requires a period of rest. If your dentures are out of your mouth, store them in water. This prevents the plastic from drying out and warping. Denture cleansers can be used, but only after you have scrubbed your dentures with a denture brush. Develop the habit of examining your mouth in the mirror. This is the best insurance against oral diseases and damage to your tissues.

### **DIFFICULTIES**

Be sure to return for your first scheduled appointment after receiving your dentures. The doctor will treat any sore teeth or soft tissues at that time. Dentures are not a final treatment. Your remaining natural teeth can decay and your gums can change or resorb. Periodic examinations and treatment by the doctor will be necessary. Home remedies for ill fitting dentures will aggravate the situation and probably cause greater bone and tissue loss.

IF YOU HAVE ANY QUESTIONS ABOUT YOUR DENTURES OR YOUR ORAL HEALTH, PLEASE ASK THE DOCTOR.