

## CARE INSTRUCTIONS FOR Removable Partial and Complete Dentures

### *Springfield Smiles*

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Now that you have received your new denture, whether partial or complete, it is important to review many things with you. This denture can help to contribute to the overall health of your mouth and your general health. It replaces some lost teeth, fills some spaces, and assists in chewing. It may have other uses which should have been explained to you. The partial denture is supported by the teeth and soft tissues in your mouth, whereas a complete denture is supported only by soft tissue. If you have had implants placed, they also assist in supporting the denture. For simplicity purposes, references to any of the above prosthetic devices will be referred to as a "denture" throughout these instructions.

Every effort has been made to ensure that the fit and function of your denture is good. Unfortunately, your mouth continues to change. This means that it will need periodic evaluation and adjustment by Dr. Victor. This is not a "permanent" restoration.

The wearing of a denture will influence the health of your mouth in many ways. A lot of careful planning, meticulous preparation, and technical construction have gone into it. You have invested a considerable amount of time and money in your mouth. If, at any time, you notice anything about it that seems wrong, uncomfortable or changed, please contact us so that we may help you. At least yearly check-ups are required to keep this working the way it was intended.

In addition to the need to brush and floss your natural teeth regularly, it is also necessary to keep your dentures very clean. Accumulations on it can lead to sore gums, tooth decay, and other problems with your mouth and the denture itself. Any denture should be removed after every meal and rinsed thoroughly. At least once per 24 hour period (usually just before bedtime) dentures should be cleaned thoroughly by scrubbing with a soft toothbrush (dedicated only to cleaning your denture) and mild hand soap. Do not use toothpaste as abrasives found in toothpaste can unnecessarily wear away the acrylic teeth and denture base. The use of most commercial denture cleansers is generally not necessary and is of limited value. The primary reason to use a commercial denture cleanser is to give the denture a better flavor when it is inserted. While cleaning your dentures, always hold them over a sink half-filled with water so if one is dropped, the water will break the fall of the denture and possibly prevent it from breaking. After thoroughly cleaning your dentures, you should brush your gums and any remaining teeth with a separate soft toothbrush dedicated for that purpose.

Always remove your dentures and leave them out for at least six to eight hours per 24-hour period. This permits the denture-bearing tissue to have the normal stimulation from the tongue and cheeks that it cannot receive while the dentures are being worn. Also, continuous wearing of any type of denture can be damaging to the denture-supporting bone. When you remove your dentures for tissue rest, always allow them to soak in water. Allowing dentures to dry out may cause slight shrinkage or warping of the denture bases (pink plastic).

Periodic examinations (at least once per year) are necessary for adequate care of your denture(s) and the tissue on which it rests. Periodic x-rays, even when complete dentures are being worn, may be necessary for a thorough examination. Remember, the acrylic teeth in dentures will wear over time and the denture-bearing tissues do change continuously. Thus, dentures cannot be

expected to fit as well after they have been used for any extended length of time. Areas which become sore or irritated on your gums are typically due to changes occurring in your tissues, not changes in the dentures. When these issues develop, please contact us for evaluation and/or adjustments.

### **Denture Cleaning Instructions**

*Daily*-mild hand soap and soft brush

*For more serious staining problems:*

1 teaspoon of water softener (Calgon)

1 cup of water (at least 8 oz)

Allow them to soak in this solution for 15-30 minutes then rinse thoroughly prior to placing the dentures back in your mouth. Avoid using other powdered household cleansers, which may be too abrasive. Also, avoid using bleach, as this may whiten the pink portion of the denture.

For more information on partial dentures and their care, visit the American Dental Association website [http://www.ada.org/public/topics/dentures\\_partial\\_faq.asp](http://www.ada.org/public/topics/dentures_partial_faq.asp)

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