

Westgage Dental

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REMOVABLE PARTIAL DENTURES

We have made this removable partial denture very accurately to fit your mouth and remaining teeth. It has been designed and constructed to help keep your natural teeth, and if it is to function properly the following information should be understood:

- 1) **YOUR FIRST FEW WEEKS:** New dentures always feel strange when first placed in your mouth. It can take several weeks to months to be fully accustomed to eating and talking with them.
- 2) **SORE SPOTS:** Your mouth will most likely have a few sore spots about 24 hours after you first put your new partial dentures in. The dentures may need frequent adjustments until your tissue adapts and the denture has 'settled' into place.
- 3) **INSERTING AND REMOVING:** Avoid handling the clasps and other thin metal parts--they can be damaged. Hold the plastic or larger metal parts when inserting and removing the denture. **Never** clench on the denture to seat it in your mouth--this may distort the metal. It should slide and snap into place with finger pressure.
- 4) **EATING:** You may have to alter some eating habits with the new denture. Begin with a soft diet and smaller pieces of food and gradually change to normal foods. Certain foods will get trapped around the metal clasps and under the plastic flange of the denture. You will learn which foods to avoid.
- 5) **SPEECH:** Your tongue and lips will probably feel awkward and unfamiliar with the denture at first, especially with certain words. You will, however, adapt quite quickly.
- 6) **CLEANING:** We have explained to you the damage that dental plaque can cause, and with a denture, plaque will gather even more quickly on your teeth. Both the partial denture and the natural teeth **must** be kept very clean on a daily basis to reduce the chance of new dental decay and gum disease starting. A toothbrush, fluoride toothpaste and dental floss can be used to clean your teeth. Brush your gums to toughen and clean them. Clean your dentures with a toothbrush and mild soap solution (do this over the sink in case you drop them). Denture soaks such as 'Polident' or 'Efferdent' are useful. You should leave the dentures out of your mouth at night. It is not necessary to keep them in water although doing this will not harm them.
- 7) **FUTURE ADJUSTMENTS:** Your removable partial denture is designed for your mouth. As time passes your mouth will undergo changes (the bone and gums can shrink), and this will alter the fit of the denture. Therefore, we strongly recommend that your mouth be examined at least twice a year to monitor these changes and we can adjust your dentures as needed. **Do not** adjust any part of the denture yourself.