



## Post Operative for Dentures and Partials

Dentures are teeth substitutes and only have 25% of the chewing efficiency of real teeth. They often replace large amounts of lost gum tissues, bone and teeth and often require a period of adjustment.

- **Sore Spots:** It is not unusual for your mouth to have a few "sore spots" after wearing the denture/partial for 24 hours. These areas can be relieved easily at follow-up appointments. If a severe sore spot develops which prevents wearing the denture and an appointment is made for adjustment, please wear the denture for *24 hours* prior to the appointment. This will greatly aid in locating the exact location of the area, and make adjustments significantly easier and more predictable.
- **Adjustment Period:** Even if you have worn dentures or partials before, there will be an adjustment period for you to get used to your new dentures. The new bite may feel awkward and bulky for several weeks. Dentures cover areas of your mouth that are normally bare. This might alter your speech and chewing ability and require that your tongue and lips adapt accordingly. For the first few days, you should wear your dentures for as long as possible. Practice inserting and removing the denture.
- **Cleaning:** Dentures/partial acquire stains and odor just like regular teeth. They can be cleaned easily by using a denture brush and a mild toothpaste or water. Periodic denture soaks are also very useful (ex: Polident). Brush your gums with regular toothbrush once per day to toughen and clean them.
  - Partials only: Use special care to clean parts of the partial that contact any natural teeth. Both the partial and the natural teeth must be kept very clean on a daily basis to reduce the chance of new dental decay starting.
  - No denture is indestructible! More often than not, dentures are broken when dropped while cleaning. So our first word of advice--as you clean your denture, fill the sink with water or lay a washcloth down on the counter to cushion any accidents.
  - When not wearing your denture store in a clearly labeled, sealable container in water to increase the life and prevent shrinkage of the appliance. Containers can keep pets from destroying/chewing the appliance and prevents lost or mis-used dentures.
- **Home Care and Follow up**
  - Brush your gums with regular toothbrush once per day to toughen and clean them.
  - If you need adhesive apply in small dots for easier clean up and clean out every day.
  - Do not wear your complete or partial dentures to bed. It is important to allow your gum tissues and jaw bones to rest at least 4-8 hours a day in order to prevent further tissue irritation, infection, and future bone shrinkage.
  - Over time, your jaw bone and gum tissues recede when there are teeth missing. (about .08 cm every year). Annual checkups will allow your dentist to readjust/reline your dentures/partial to restore their fit, adjust clasps and inspect the appliance for cracks or damage. Wearing ill-fitting dentures/partial for too long without refitting can cause severe bone loss and very serious oral disease.

Please feel free to contact us for any additional information or instructions. 360-GO-BRUSH