

## **POST INSERTION INSTRUCTIONS FOR PATIENTS WHO RECEIVE REMOVABLE FULL AND PARTIAL DENTURES**

**CONGRATULATIONS**, today you have received your new dental prosthesis. This prosthesis is designed to restore function to areas where teeth are missing. All prosthetic devices require a period of adjustment during which time you will learn their uses and limitations. We would like to take this opportunity to detail the care of your new restorations.

First and foremost is that it will take time and patience to become comfortable with your new prosthesis. You will probably experience some degree of frustration trying to adapt to your new full or partial denture for a few weeks. This is normal. Initially, you may have to cut your food into small pieces and chew evenly on both sides. We cannot overemphasize that it requires time to learn to tolerate full or partial dentures. Please, be patient!

Home care of the prosthesis and oral tissues are very important. Dentures and partials will accumulate plaque and tartar just like natural teeth if not maintained regularly. A denture brush should be used with toothpaste or soapy water daily on all surfaces of the denture or partial. A soft bristle toothbrush with toothpaste should be used to gently brush your gums, the roof of your mouth, your tongue and in the case of partial denture, the natural teeth. Remember, we advise brushing your new dentures or partials, as soak-solutions alone do not always clean the prosthesis completely.

Full and partial dentures should not be worn 24 hours a day. We advise you to take the partial or full denture out at night (or as a less desirable alternative, for some part of the day for a minimum of four hours). This is necessary to allow the gum tissue and underlying bone to be relieved from constant contact or pressure. When placing the partial denture in your mouth, seat it in place with finger pressure. Avoid biting it into place, because this may cause clasps or precision attachments to break. Your prosthesis should be left in water when out of the mouth.

It is common to develop some irritation (sore spots) under a new denture or partial. When this occurs, please let us know so that an adjustment appointment may be scheduled.

Over time, your tissue under the denture will change. As these changes occur, you will need to have your denture rebased, relined or remade. A reline is a procedure for creating a new tissue surface for your prosthesis accommodating tissue changes. The time interval until one of these procedures is needed will vary individually, depending upon oral conditions (typically 1-3 years unless recent extractions were performed).

We hope you will enjoy your new prosthesis. Our staff will gladly assist you in any adjustment that may be necessary. Please let us know how we may be of assistance to you. We appreciate the opportunity to serve your dental needs.

Thank you,

The Doctors and Staff