

## **INSTRUCTIONS FOR YOUR NEW PARTIAL DENTURES**

The new dentures you have received are a replacement for your missing teeth. They will attempt to restore support to the jaw, increase your chewing ability and improve your appearance. This information sheet will assist you with your adjustment to new dentures.

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

Each person is an individual therefore, please be patient. Your experience will be unlike anyone else. Please allow at least a week to ten days before your dentures feel as though they are part of your body. If you have difficulty with speech at first, practice by reading or talking aloud and you will soon master this problem. It is normal to have difficulty chewing efficiently during your first few meals. Some suggestions are to cut food into small pieces, consume small amounts at a time and eat slowly. Learning to use your new denture will take time and patience.

### **PLACING AND REMOVING THE PARTIAL DENTURES:**

Partial dentures should be removed and placed with your fingers. Never bite the denture into place. There is one definite path of placement and removal. Be sure you are in the correct placement path. If the partial denture binds, stop, remove it and start over.

**IMPORTANT: Never force the denture into place.**

### **DENTURE CARE:**

Always keep your mouth and your denture as clean as possible. Failure to do so may result in damage to your gums. We recommend that you remove and clean the dentures after each meal. You can use regular liquid soap or special *denture* toothpaste to do this. Denture cleansers can be used, but only after you have scrubbed your 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 denture, please **DO NOT**, attempt to make your own repairs.

When your dentures are out of your mouth, store them in fresh clean water. This prevents the plastic from drying and warping. Develop the habit of examining your mouth in the mirror. This is the best insurance against oral diseases and damage to your tissue.

**RETURN APPOINTMENTS:**

Your first scheduled appointment after receiving your new dentures is a very important office visit. The doctor will treat any sore tissues or make adjustments that may need to be done at that time. Several return appointments may be necessary until you are completely comfortable.

Dentures are not a final treatment. Your gums can change or recede. 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 or concerns about your dentures or your oral health, please ask Dr. Johnson.