

Patient Instructions



Dentures and Partials

Dentures and partials require an adjustment period as they are very different from your natural teeth. We compare this process to breaking in a new pair of shoes. Oftentimes, you will get sore spots that need to be adjusted. You may also have difficulty eating and talking at first. This is a process you need **patience** for. The more you wear your dentures, the easier it will get.

Denture Care:

- ❖ Your denture or partial should come out **every night**. You are **never to sleep** with your denture or partial in your mouth
 - Sleeping with your denture or partial does not give your tissue time to breathe and can cause bacterial or fungal infections

- ❖ Cleaning your denture or partial
 - Take your denture or partial out at night- using denture brush, scrub the denture or partial with soap/water and rinse thoroughly
 - Any hand soap can be used to clean the denture
 - **DO NOT** use toothpaste on your denture or partial. It will scratch the surface and turn it yellow
 - After cleaning, put your denture or partial in the case with the **top open to let it air dry**
 - *Bacteria and fungus like dark wet places*
 - You can use denture soaking tablets such as polident, as frequently as you would like to help freshen up your denture or partial

If you have any sore spots develop and you do not already have an adjustment appointment, please call the office to schedule an adjustment.

*Please **do not adjust your denture or partial yourself** as this may damage the appliance.*

Please call the office if you have any questions!