



## **Instructions for Partial Dentures**

1. New partial dentures always require an adjustment period. This is normal. First-time partial denture patients may require several weeks to get used to their new partials. Even if you were a previous partial denture wearer, because there will be differences, your speech may be altered and may require time for your tongue and lips to adapt.
2. Partial dentures will fit better with time. It generally takes several days for a new set to settle into the tissue of the mouth.
3. Wear your new partial dentures 24 hours a day for the first 2 weeks. This will speed up the adjustment period. Then begin wearing them only during the day. This will allow your gum tissues to rest. If you need to wear your partials at night, you will need to remove them for a few hours during the day.
4. Eat soft foods for the first few days, then transition back to a regular diet. Remember to cut your food into small bites and as you chew, try and distribute your food to both sides of your mouth. This will help the stability of your partials.
5. It is not unusual for sore spots to develop. These areas can be relieved at your follow-up appointments. If a severe sore spot develops, which prevents you from wearing your partial denture, please be sure and wear your partial denture for 24 hours prior to your appointment. This will allow us to identify the area that needs adjustments.
6. Your partial dentures must be brushed daily to remove food deposits and plaque. Brushing helps prevent your partials from becoming permanently stained and helps your mouth stay healthy. Use a soft bristled tooth brush or a brush designed for dentures/partials. Take special care to brush gently around the partial clasps. Use hand soap or mild dishwashing liquid. Other cleaners may be too abrasive.

**[Care instructions continued on reverse side.]**

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7. It will be very important to maintain a very strict homecare routine. Partial dentures increase the collection of food debris and plaque around your teeth. You will need to brush your teeth at least twice a day and floss at least once a day.
8. Partial dentures may lose their shape if allowed to dry out. When they are not being worn, place them in a container of water mixed with a cap full of mouth wash (this keeps them tasting fresh) or a 50:50 mixture of water and vinegar. You can soak your partials in a denture cleanser like Efferdent once a week if desired. Always empty your container daily and wash the container with soap and water.
9. If your bite doesn't feel normal, this can be corrected at your follow-up appointment.
10. Partial dentures are very delicate and may break if dropped even a few inches. To safeguard against this, stand over a folded towel or a basin of water when handling your partials.
11. Partial dentures require regular professional care. We suggest that all partial denture patients have regular 6-month cleaning visits. The fit of your partial denture will be checked and adjustments will be made if necessary.
12. All adjustments will be provided at no charge for the first 6 months after insertion.
13. Keep in mind that when teeth are lost, you will incur 0.5 - 1.5% bone loss per year on average, hence why your partial denture will become loose over time. Because of this loss of bone and change of shape of your tissue, your partial denture will benefit from a relines (refit) around the 5-year mark.

Companion Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
 (If patient uses sedation, companion must sign.)

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