



HOME CARE OF A PARTIAL DENTURE

Removing and inserting your partial will take a little practice but we will help you learn how to do it.

Care of your partial:

- ✚ The first few weeks your partial may feel uncomfortable.
- ✚ Carefully place and remove your partial from your mouth so that the clasps are not bent or broken.
- ✚ **Wear your denture everyday so you can adjust and adapt to it.** If you don't your mouth will change shape and your partial will not fit.
- ✚ NEVER bend any part of the metal on you partial yourself, doing so will weaken the metal structure and cause it to misshape or break.
- ✚ Start eating by trying soft foods first that are cut into small pieces. Chew on both sides of the mouth to keep even pressure on the denture. Avoid foods that are extremely sticky or hard.
- ✚ You may want to avoid chewing gum while you adjust to the denture.
- ✚ Rinse your partial after every meal.
- ✚ Clean it thoroughly, at least once a day with your denture brush and denture cleaner. DO NOT use alcohol, abrasive cleaners, bleaches, whiteners. Tooth paste is too abrasive for dentures and will scratch them.
- ✚ Do not use boiling water or a dishwasher to clean or soak your partial.
- ✚ Make sure to brush and floss your remaining teeth twice a day. If you do not keep your gum tissue healthy you will cause your gums to recede and your partial may not fit or you could lose your remaining teeth requiring you to have your partial adjusted or a new denture to be made if you lose your anchor teeth.
- ✚ Keep you denture in water or denture cleaning solution bath at night or whenever you are not wearing them. **Letting them dry out will distort them and cause them not**

to fit.

- ✚ Adjustments will need to be made depending on age, changes in your mouth, bone and gum ridge recession, or eating foods that damage your denture. Because your partial keeps its shape, adjustments will need to be done to keep it fitting properly.
- ✚ If you find it difficult to pronounce certain words with your new denture, practice reading out loud. Repeat the words that give you trouble. With time, you will become accustomed to speaking properly with your denture.

If you have any questions or concerns call Nadic Dental Centers@ 702-248-0068