

Partial/Denture Aftercare

Twin Cities Dental offers Dentures and Partial. A Denture is a removable plate of frame that acts as a replacement for missing teeth and surrounding tissues. A partial is used when some of the teeth are missing and some of the teeth are still rooted and present in the mouth.

Adjustment Period

It is typical to expect an adjustment period after receiving a Denture or Partial. First time denture and partial users may experience an even longer adjustment period (lasting several weeks). Some items you may experience are as follows:

- Increased salivation
- Slight swelling and pressure
- Gum and tissue soreness
- Slight discomfort

How should I take care after the appointment?

Please review the following categories of post-op instructions carefully. Refer back to this list as needed and don't hesitate to call us with any questions or concerns.

- **Day of the appointment and next:** Wear your denture or partial as much as possible. This will allow your body to adjust to the new appliance.
- **Eating:** At first you may need to chew soft foods and take small bites. Please note that dentures are not as efficient at chewing food then natural teeth and may affect the taste of your food.
- **Sore Spots:** It is not unusual to develop sore spots in isolated areas of your mouth. DO NOT adjust your denture or partial on your own. These areas can be relieved easily at a follow-up appointment if needed. If you need a follow-up appointment, it is important to wear your denture or partial as normal 24 hours prior to your appointment. This will help our team affectively address the areas of concern and give us the information to properly adjust your appliance.
- **Changes:** Overtime or with weight gain/loss, the supporting gum tissue and jaw bones may change shape and size. Periodic relines of your dentures or partial may be necessary to ensure a proper fit. Denture or partial teeth may wear and chip over time. For this reason, it is important to come visit Twin Cities Dental for an annual check-up and or cleaning.
- **Speech:** At first, you may have some trouble speaking with your new denture or partial and have excess amount of saliva. This is usually caused by your body's new awareness of the appliance in your mouth. You can gain speech confidence by reading out loud in front of a mirror.

How long should I wear my denture/partial?

It is recommended to wear your denture or partial during the hours you're awake. DO NOT wear your denture or partial at night. Wearing your denture or partial at night can apply unnecessary pressure to your soft gum tissue and bone to may be a contributing factor in shrinkage or changes on your jaw.

Where do I keep my denture or partial at night?

When your denture or partial is not in your mouth it is imperative to keep the appliance submerged in water. This is to avoid your appliance drying out. If left out, the plastic portion surrounding the denture or partial has been known to distort or become irregular in shape.

***WEAR YOUR DENTURE OR PARTIAL FOR 48 hours straight after it is first made.

How do I clean and care for my denture/partial?

- **DO NOT USE REGULAR TOOTHPASTE:** Regular tooth paste has active ingredients that may be abrasive to the construction of the appliance.
- Brush your appliance twice a day with a tooth brush or denture brush with a liquid soap.
- It may be a good idea to soak your appliance in a commercial grade soak solution. Directions will be on the box for instructions.

Please contact our office with any questions or concerns. We're happy to help and give you the dental care you deserve.