

Instructions for patients with Removable Partial Dentures

Things to keep in mind

1. Placement and removal of partials

- a. **NEVER** force your partial to place. Doing so (even by simply biting them to place) often causes them to bend and become useless. Place the partial down with light finger pressure using a slight ‘wiggle’ if necessary to find the proper direction.
- b. You should not grab the partial by the clasps when removing it. These parts are the most easily bent. Instead, find and use the tooth or gum colored portion of the partial to remove it.

2. Cleaning your partial

- a. Since your remaining teeth help hold your partial, if you have a dirty partial you will have dirty teeth. This increases the likelihood of cavities and gum disease.
- b. After every meal you should:
 - i. Clean your remaining teeth (see other side).
 - ii. Use a denture brush to scrub the dentures clean.
 - iii. Apply a small amount of regular unscented hand or dish soap while brushing under warm water. This will remove debris as well as odor causing bacteria.
 - iv. Leave sink basin filled with water to protect the dentures from breaking/bending if they are dropped.
 - v. Bleach or abrasive cleansers such as toothpaste will destroy the dentures, so do not use them.
- c. Prior to bedtime everyday you should:
 - i. Remove your partial(s)
 - ii. Clean them as you would after every meal
 - iii. After cleaning them in this fashion the partials should be soaked in plain fresh daily water.
 - iv. Occasionally you may use cleansers that are specifically designed to clean partials. If ever in doubt, ask your dentist first or simply soak them in water.

3. Adaptation period

- a. Getting use to your new dentures will take time. Do not expect results for several days or even weeks.
- b. During this adaptation period you will likely experience:
 - i. Sore spots
 - ii. Slight tightness around the teeth
 - iii. Difficulty eating
 - iv. Difficulty speaking
 - v. Cheek/lip biting
- c. These issues are almost always resolved at your first adjustment visit. If the partial is not used between appointments these issue cannot be accurately corrected.

4. Cleaning your teeth

- a. You most likely have had a removable partial denture made for you because you are missing multiple teeth. This means the odds of you losing more teeth is very good.
- b. The people who have long lasting partials are those who become very committed to doing two things well:
 - i. Reducing their frequency of sugar intake: the bacteria in your mouth will use that sugar to produce the acid that will cause cavities. No/less sugar = less bacterial acid
 - ii. Having perfect oral hygiene: brushing the remaining teeth 3 X day with Fluoride toothpaste is a MUST. This will reduce the bacteria and help reinforce the teeth.
- c. REMEMBER: Since the partial holds onto the remaining teeth, if you lose any more you may not have enough remaining to hold a partial that works well.

5. Increased frequency of dental visits

- a. Due to your increased risk of losing teeth, a minimum of 2 dental cleanings a year is required.
- b. Often times the dentist may recommend as many as four visits a year in order to help you try and save your remaining teeth as long as possible.

Written by Michael P. Waliszewski DDS, MsD 2007