

Partial dentures

Receiving partial dentures

You have spent a long time in the dental chair in order to get your partial dentures. With proper care they can last a long time.



General advice

- **CLEANING TEETH:** Now that you have received partial dentures it becomes more important that you clean your own teeth properly because dentures can cause damage to teeth if they are not clean. Losing more teeth may mean that you cannot wear your denture. You are unlikely to lose teeth if your teeth and dentures are kept really clean.
- **CLEANING DENTURES:** Dentures are best cleaned with soap, warm water and a brush (not hot water, which may warp them). Simply soaking in cleaning solutions is not as good because it will not remove the plaque film which forms on dentures as well as teeth. Be particularly careful about the parts which touch the teeth and the gums around the teeth.
- **EATING:** Eating may seem a little difficult at first if you are not used to wearing dentures. Provided you are patient and start slowly, you will become better at this quite quickly.
- **SORENESS:** You may have a sore spot after your dentures are first fitted. This can be dealt with at your first check-up appointment. Don't wear your dentures if they are very painful but it is a help if you can wear them for a few hours before this appointment so that the dentist can see the areas of soreness.
- **LEAVING OUT AT NIGHT:** It is better to leave dentures out at night so that your gums get a chance to breathe.

- **PREVENTING DAMAGE:** So that your dentures are comfortable, your dentures are made as delicate as possible. The mouth is a safe place for them. When you take them out at night, leave them in cold water because if they dry out they may warp.

When you remove them from your mouth, do it carefully and try not to pull on the metal clasps which hold them on your teeth, these clasps are easily bent.

Be careful not to drop dentures, when cleaning them, do it over a basin part filled with water, which will soften the fall if they slip out of your hand.

- **OLD DENTURES:** Please don't throw away old dentures, whether or not they were satisfactory. They may give important clues in the future about making new dentures a success.
- **CHECK UPS:** Because of the increased risk of damage to your gums and teeth, when you wear your new dentures it is important to have frequent check-ups at the dentist, usually every six months. This will allow the dentist to make adjustments to the dentures if necessary.

Remember the long term success of your dentures depends on how well you clean them and your teeth

Do not hesitate to ask us if you have any further queries.



Quality care made easy...

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