



FOUR SEASONS DENTAL & MED SPA

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Partial Denture Home Care Instructions

During the first few weeks, your partial denture (denture) may feel uncomfortable. Carefully place and remove your denture 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 denture will not fit. NEVER bend any part of the metal on your denture yourself. Doing so will weaken the metal structure and cause it to misshape or break.

Begin eating soft foods 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 denture after every meal.

You may want to stand over a folded towel or sink of water just in case you accidentally drop the denture. Brush the denture each day to remove food deposits and plaque. Brushing your denture helps prevent the appliances from becoming permanently stained. It's best to use a brush that is designed for cleaning dentures. A denture brush has bristles that are arranged to fit the shape of the denture. A regular, soft-bristled toothbrush is also acceptable. Avoid using a brush with hard bristles that can damage the denture.

DO NOT use alcohol, abrasive cleaners, bleaches, whiteners. Toothpaste is too abrasive and will scratch. Do not use boiling water or a dishwasher to clean or soak your denture.

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 denture may not fit or you could lose your remaining teeth requiring you to have your denture adjusted or a new denture to be made if you lose your anchor teeth.

Keep your denture in a 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 denture keeps its shape, adjustments will need to be done to keep it fitting properly that may include relining.

If you find it difficult to pronounce certain words with your new denture, practice reading aloud. Repeat the words that give you trouble. With time, you will become accustomed to speaking properly with your denture.

I can be reached after hours in case of an emergency: (702) 343-3200. Please do not leave a message. If I do not answer, call Debby on her cell phone at (702) 281-9900.

Sincerely,
Dr. Jim Wright

Patient Name: _____

Patient Signature: _____ Date: _____

Witness Name: _____

Witness Signature: _____ Date: _____