

# PARTIAL DENTURES

## What are they?

Partial dentures are removable false teeth attached to a plastic called acrylic or metal called cobalt chrome (better fitting and stronger with a thinner base). They enable you to have teeth function and aesthetics again if you have lost one or more teeth. There also may be metal clips used which wrap around your remaining teeth to hold them in place.

## Procedure

A series of 4 to 5 short visits are required to provide you with a well-fitting, functional and aesthetically pleasing denture. The 1<sup>st</sup> of two visits are impression visits with a record of your bite taken. The 3<sup>rd</sup> visit enables us to try the dentures in place to check the feel, bite and appearance. If all is well, you are fitted with the final product on your 4<sup>th</sup> visit.

## WHAT TO EXPECT

1. **Your First Few Weeks.** New dentures always feel strange when first placed in your mouth. Several days or even a few weeks will be required for you to become accustomed to them.
2. **Sore Spots.** Your mouth will most likely have a few sore spots about 24 hours after you first put your new partial dentures in. An initial readjustment appointment should be made and another appointment, about seven days later, will usually eliminate any other sore areas.
3. **Chewing.** The new "bite" or occlusion will not feel comfortable for a period of days. We will adjust the contacting surfaces of your teeth after 24 hours, and again in about one week after the dentures have "settled" into place.
4. **Don't overwork your dentures - they are artificial.** If you had a wooden leg you wouldn't expect to run a mile in four minutes, so take it easy. Learn slowly to use your new teeth. No one can teach you how to wear your dentures. It will take time for you to learn the best technique to chew.
5. **Talking and eating will be difficult at first.** Your mouth will seem full of water (saliva) and your tongue will feel boxed-in. Don't try to eat a juicy steak, fresh apples, corn on the cob, and similar foods, for the first few weeks. Gradually change from soft foods to harder varieties, but avoid sticky foods.
6. **We do *not* recommend powder adhesives** when your dentures become loose (your mouth shrinks – the denture doesn't change). We suggest that you avoid drugstore denture liners since using them can cause irreparable damage to your mouth. Have a dentist reline your dentures for best results. If you should break, chip or crack your denture, return to our office with all the pieces of the denture. We are usually able to repair your denture.
7. **Cleaning the Dentures - and Your Mouth.** Your partial dentures can be cleaned easily by using a denture brush and toothpaste. Use special care to clean parts of the partial that contact any natural teeth. Both the partial denture and the natural teeth *must* be kept very clean on a daily basis to reduce the chance of new dental decay starting. Use a toothpaste that contains fluoride. Denture soaks are also useful for the denture. Brush your gums with a regular toothbrush once per day to toughen and clean them. You may leave the dentures in or out of your mouth at night, depending on your preference. If they are out of your mouth, then leave them soaking in a water-and-mouthwash solution.
8. **The Future.** Your jawbones and gums shrink up to 1/32 of an inch per year when your teeth are missing. This is one of the main disadvantages of dentures. Because of this shrinkage, you should plan to have your dentures and oral tissues evaluated by us *at least every six (6) months*. We will inform you when relining or rebasing of the dentures is necessary. Wearing ill-fitting dentures for too long without refitting can cause severe bone loss and very serious oral disease.



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