

44 West Post-Treatment Instructions: Partials & Dentures

WHAT TO EXPECT:

- Gum discomfort is common with removable appliances. If a sore area appears, an adjustment is likely needed and we are happy to see you to adjust your appliance.
- We work with only excellent dental labs and make every effort to assure your appliance fits as intimately as possible. That said, removable appliances (especially those that do not make use of dental implants) DO move and WILL trap food beneath the appliance and the gums.
- Start with soft foods at first until you get used to the fit and feel of your new appliance. Begin incorporating different food types and textures as you feel comfortable. There will be a limit to what you are able to chew, and you will not be able to eat all the same foods as if you had natural teeth.

HOW TO CLEAN AND STORE YOUR NEW REMOVABLE APPLIANCE:

- Remove your appliance and rinse after meals, if possible.
- Use a dedicated brush that is just for your appliance. Clean daily by brushing with a mild hand soap and rinse. Do not use toothpaste as it is too abrasive for the plastic teeth.
- Cleaning tablets such as Polident or Efferdent may also be used and are helpful in preventing or removing stains from the appliance.
- Remove your appliance while you sleep and store it in water. There are two reasons for this:
 1. This gives the gums a chance to “rest” from the pressure of the appliance.
 2. Keeping the appliance moist overnight is important to maintain the strength and integrity of the materials used.

Remember that removable appliances are NOT the same as natural teeth and do not have the same chewing ability. You will have to re-learn how to chew using your new appliance. If you are interested in better chewing ability, we are happy to discuss incorporating dental implants which can help improve the fit and function of any removable appliance.