



## **INSTRUCTIONS FOR REMOVABLE DENTURE WEARERS**

The denture that you have received is meant to replace your missing teeth and to assist you in keeping your oral cavity in good health. It will restore support to the jaw, increase your chewing ability, and improve your appearance.

\_\_\_\_\_ 1. Please be patient and expect that it will be a week to 10 days before you will really feel that the denture is part of your body.

\_\_\_\_\_ 2. Speech- If you have difficulty in pronouncing certain words, practice reading them aloud and you will soon master the pronunciation.

\_\_\_\_\_ 3. Do not expect to chew easily and effectively immediately. You must learn to use the new denture which will take time. Start with softer types of foods in smaller amounts and cut food into pieces. Take the time to eat meals slowly during this learning period.

\_\_\_\_\_ 4. Place and remove the denture with your fingers. Never "bite" it into place.

\_\_\_\_\_ 5. There is one definite path of placement and removal of the partial denture. If the partial denture is difficult to remove, stop and make sure that you have it in the correct path of insertion/removal. Do not force the denture upon placement or removal.

\_\_\_\_\_ 6. Remove the denture and clean it and the natural teeth after each meal and snack.

\_\_\_\_\_ 7. Develop the habit of examining your mouth in the mirror. This is your best insurance against disease and damage to your tissues. Examine cheeks, tongue, and gums carefully. Look for red, irritated areas, white areas, or swollen areas. After brushing, check for food debris or other matter around teeth and gums, especially at the gum line and behind the teeth. Clean again, if necessary, to remove all foreign matter. Examine your teeth for decay, stains, or brown deposits; especially at the gum line. Test your remaining teeth for excessive movement or looseness.

\_\_\_\_\_ 8. You can use denture cleaner or dish soap for cleaning your partial denture. Keep a brush at home and at your place of work.

\_\_\_\_\_ 9. Partial dentures are slippery when wet. Scrub them over a basin filled with water or over a towel. If you should drop the denture and bend any of the metal parts, do not attempt to straighten it yourself. Contact your dentist immediately.

\_\_\_\_\_ 10. Hot water may warp your partial. When cleaning your partial denture, use water that is no hotter than what feels comfortable on your hands.

\_\_\_\_\_ 11. Always leave the denture out of your mouth at night, unless instructed by your dentist to do otherwise. Your mouth, like the rest of your body, requires a period of rest.

\_\_\_\_\_ 12. Always keep the partial denture in water when it is not in your mouth. This prevents the plastic parts from drying and warping. You can also invest in a denture cleanser to add to the water.

\_\_\_\_\_ 13. Remaining natural teeth may decay and gums change or shrink just as they did when you had all of your natural teeth. Therefore, your partial denture will not fit as well as it should after a period of time. Periodic examinations by your dentist will allow adjustments to be made to your partial denture as needed.

\_\_\_\_\_ 14. Do not attempt to repair, relin, or adjust your partial denture at home. This can cause it to fit incorrectly, or even break the partial denture or your teeth. Please contact your dentist if you feel your partial denture is not fitting correctly.

Name: \_\_\_\_\_

Date: \_\_\_\_\_

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Signature

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