

Instructions for patients with Removable Partial Dentures

Things to keep in mind

1. Placement and removal of partials

- a. **NEVER** force your partial to place. Doing so (even by simply biting them to place) often causes them to bend and become useless. Place the partial down with light finger pressure using a slight ‘wiggle’ if necessary to find the proper direction.
- b. You should not grab the partial by the clasps when removing it. These parts are the most easily bent. Instead, find and use the tooth or gum colored portion of the partial to remove it.

2. Cleaning your partial

- a. Since your remaining teeth help hold your partial, if you have a dirty partial you will have dirty teeth. This increases the likelihood of cavities and gum disease.
- b. After every meal you should:
 - i. Clean your remaining teeth (see other side).
 - ii. Use a denture brush to scrub the partial clean.
 - iii. Apply a small amount of regular unscented hand or dish soap while brushing under warm water. This will remove debris as well as odor causing bacteria.
 - iv. Leave your sink basin filled with water to protect the partial from breaking/bending if it is dropped.
 - v. Undiluted bleach or abrasives such as toothpaste will destroy the partial over time, so do not use them.
- c. Prior to bedtime everyday you should:
 - i. Remove your partial(s)
 - ii. Clean them as you would after every meal
 - iii. After cleaning, the partial should be soaked in plain fresh daily water or an acceptable cleaning solution.
 - iv. Higher risk patients benefit from cleansers that are specifically designed for partials. These cleaners help kill the bacteria that grow on partials, without damaging the metal.
 - v. We recommend KLEENITE – for partial dentures. It is available online – google Kleenite by Regent Labs, Inc.

3. Adaptation period

- a. Getting use to your new partial will take time. Do not expect results for several days or even weeks.
- b. During this adaptation period you will likely experience:
 - i. Sore spots
 - ii. Slight tightness around the teeth
 - iii. Difficulty eating
 - iv. Difficulty speaking
 - v. Cheek/lip biting
- c. These issues are almost always resolved at your first adjustment visit. If the partial is not used, problems cannot be accurately corrected and the partial will usually fit **WORSE** since the teeth will shift or move.

4. Cleaning your teeth

- a. You most likely have had a removable partial denture made for you because you are missing multiple teeth. This means the odds of you losing more teeth is very good.
- b. The people who have long lasting partials are those who become very committed to doing two things well:
 - i. Reduce the frequency of sugar intake: the bacteria in your mouth use sugars to produce the acid that will cause cavities. No/less sugar = less bacterial acid = less chance of cavities
 - ii. Having perfect oral hygiene: brushing the remaining teeth **3** times a day with Fluoride toothpaste is a **MUST**. This will reduce plaque and the bacteria, helping to reinforce the teeth.
- c. **REMEMBER**: Since the partial holds onto the remaining teeth, if you lose any more, you may not have enough to hold a partial that works.

5. Increased frequency of dental visits

- a. Due to your increased risk of losing teeth, a minimum of 2 dental cleanings a year is required.
- b. High-risk patients often require as many as four visits a year. These visits often include fluoride applications and other preventive measures.