



New to dentures/partials? You are not alone, 1 in 5 adults wear dentures or partials

ADJUSTING TO YOUR NEW SMILE:

- Just like wearing a pair of eye glasses for the first time, wearing your new denture/partial will be a learning experience.
- For the first month, we encourage you to wear your prosthesis for 23/24 hours a day. This will help you get used to them being in your mouth.
- After the first month, you can take them out at night and allow your tissues to breathe.
- While it is out of your mouth you can wipe ridges and soft tissues with a warm wash cloth or soft tooth brush, a warm salt water rinse will also help to keep tissues clean.
- When the prosthesis is not in your mouth, it should be in a case. They are easily thrown away in a napkin and pets like to play with them or chew them up.
- Sore spots are all a part of the process, and adjustments can be necessary.
- If you develop a sore spot, please call our office at **330-274-3495** and schedule to have an adjustment, it will not resolve on its own.

DAILY CLEANING:

- Before cleaning your appliance, be sure to fill the sink with water or lay a soft towel down. They can break if they fall or hit a hard surface
- Rinse it under warm water after meals to remove loose food debris, if necessary. Do not use excessively hot water, as this could damage the prosthesis.
- Brush your prosthesis daily with the brush provided or a soft bristle tooth brush, with antibacterial soap. Do not use tooth paste. The reason we do not use tooth paste is it is abrasive, and will scratch the porcelain teeth and cause staining.
- Remember to take extra care brushing around the clasps of the partial, as food debris can collect and cause decay on the teeth the clasps connect too.
- Cleaning tablets, such as Polident, can be used while it is soaking in water. This will help to remove light stains and loosen plaque buildup. Be sure to follow manufacturer's instructions.
- **For Valplast Flexible partials, you may use a hand soap to clean your partial such as "Soft Soap" or purchase the recommended cleaner on line from Valclean.com or Amazon.com.**