

## Post-Operative Instructions for Partial Dentures

- **WHAT TO EXPECT:**
  - Sore spots are common and will require adjustment appointments.
  - Excess saliva is normal the first week.
  - Pronunciation, such as “s” and “f” may be difficult in the beginning, practice reading aloud in mirror.
  - Chewing can take time to adapt to.
- **HYGIENE:**
  - **Partial Denture Hygiene:**
    - Clean the partial after every meal.
      - Clean with a denture brush, cold to warm water, and antibacterial soap.
      - Do not clean with toothpaste (too abrasive).
      - Clean over sink full of water or towel to avoid breakage if it drops.
  - **Oral Hygiene:**
    - It is important to maintain good oral hygiene as partials increase the plaque retention and risk of getting cavities.
    - Brush after breakfast with the partials out of mouth.
    - Floss and brush at bedtime with the partials out of mouth.
- **STORAGE:**
  - Do not wear the partials when you sleep.
    - The gums need adequate blood circulation, and you can develop fungal infections from over-wearing, especially with poor hygiene.
  - Always keep the partials moist whether:
    - In the mouth
    - In a container with water (away from pets)
    - In a sealed bag with water
  - If it becomes dehydrated it will warp and no longer fit.
- **PRECAUTIONS:**
  - Do not bite the partial into place:
    - Insert and remove with both hands.
  - Do not drop the partials, they can break.
  - Do not store the partials in a napkin/tissue/paper towel, these get accidentally thrown away.
  - Careful with hot foods and drinks. May burn the tissue.
  - If a partial denture is not worn regularly the teeth will migrate and the bite can change resulting in a partial that may no longer fit. This can create a challenge for making new partials in the future which may require additional procedures.
- **FUTURE APPOINTMENTS:**
  - Return for recall exams and cleanings for both your teeth and partials.
  - Partial dentures may require relines, repairs, and remakes .

### **\* If you have Flexible Partial:**

- **Cleaning:**
  - Clean with cold water and anti-bacterial soap.
    - Do not use hot water as the partial will warp and may no longer fit.
  - Do not clean the partial with a toothbrush as it will lose its polish, become rough, and retain debris.
- Remove at night and store the appliance in water in a container away from pets.

### **\*If you have an Essix Appliance:**

- This appliance is to be used only for appearance and for short-term use.
- This appliance is not to be worn when eating.
- Cleaning:
  - Clean with cold water, anti-bacterial soap, and a soft toothbrush.
  - Do not use hot water as the plastic will warp and the appliance may no longer fit.
- Remove at night and store the appliance dry in a container away from pets.