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## Partial and Denture delivery post- op instructions

- Dentures and partials will often need several adjustments in order to fit comfortably.
- To help yourself adjust to your dentures you can practice reading aloud for a little while each day.
- Dentures should be removed overnight or for at least 6 hours a day to give your mouth and gums time to rest. Unless told otherwise by your Dentist or Denturist.
- At night you should remove your dentures and clean them. They should be stored in a clean container filled with denture cleaning solution. Do not use toothpaste or other abrasive material to clean with. If you do not have a cleaning solution, use mouthwash or plain water. Rinse thoroughly before using.
- Food particles can become trapped under dentures causing inflammation or sore spots. Lightly brush the roof of your mouth, your tongue, and your gums after removing your dentures. If a toothbrush or denture brush is not available or too uncomfortable, use a soft washcloth with cold or lukewarm water.
- You may have discomfort for a few days after receiving your final dentures or partials. Discomfort that lasts longer than 3 days may require an adjustment, contact the office to schedule a visit.

### Ongoing Care:

- Brush your teeth and the surrounding tissues after every meal and snack and flossing at least once a day before bedtime. If you have full dentures, brushing the dentures daily is very important.
- Rinsing your mouth with water or mouthwash will help to remove any additional particles that may have been missed during brushing and flossing.
- Make sure to visit our office at least once a year to have your dentures or partial adjusted and checked by the doctor. Wearing ill-fitting dentures or partials without proper care and adjustment can cause bone loss in the jaw area and oral disease.

***If you have pets, be aware they consider dentures and partials as wonderful chew-toys and will destroy them. Keep a close eye on where you leave them.***

***PLEASE DO NOT HESITATE TO ASK THE DOCTOR OR STAFF IF YOU HAVE ANY QUESTIONS OR CONCERNS.***



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*Always place your dentures, when not in your mouth, in their proper container. This reduces the likelihood of them being lost or destroyed.*

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