



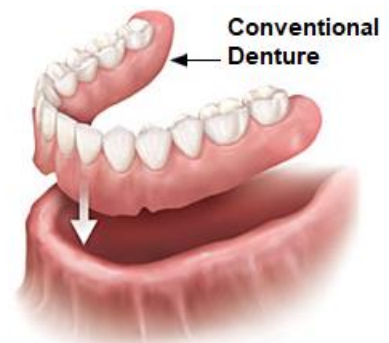
**DENTURE CARE**

Dentures are removable appliances that can replace missing teeth and help restore your smile. If you have lost your natural teeth, replacing missing teeth will benefit your health and your appearance. Dentures make it easier to eat and speak better than you could without teeth – things that people often take for granted.

Without your teeth, facial muscles can sag, making you look older. Dentures can help fill out the appearance of your face and profile. They can be made to closely resemble your natural teeth so that your appearance does not change much.

**Types of dentures:**

- *Conventional.* This full removable denture is made and placed in your mouth after the remaining teeth are removed and tissues have healed, which may take several months.
- *Immediate.* This removable denture is inserted on the same day that the remaining teeth are removed. Your dentist will take measurements and make models of your jaw during a preliminary visit. You do not have to be without teeth during the healing period but may need to have the denture realigned or remade after your jaw has healed.
- *Overdenture.* Sometimes some of your teeth can be saved to preserve your jawbone and provide stability and support for the denture. An overdenture fits over a small number of remaining natural teeth after they are prepared by your dentist. Implants can serve the same function, too.<sup>1</sup>



Source: <https://drhavel.com/conventional-dentures/>

**Removable Partial Dentures**



Source: <https://drhavel.com/conventional-dentures/>

Removable partial dentures usually consist of replacement teeth attached to pink or gum-colored plastic bases. A partial denture may have a metal framework and clasps that connect to your teeth, or they can have precision attachments or other connectors that are more natural looking. Crowns on your natural teeth may be needed to improve the fit of a removable partial denture and are usually required with attachments.

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## **Getting Used to New Dentures**

New dentures may feel awkward for a few weeks until you become accustomed to them. The dentures may feel loose while the muscles of your cheek and tongue learn to keep them in place. Inserting and removing a partial denture requires practice. Your dentist will tell you how long dentures should be worn, when they should be removed, and how to clean them properly. Follow all instructions and keep follow-up appointments so the dentist can check and adjust the fit.

Never force a partial denture into position by biting down, as that could bend or break the clasps. If you wear a partial denture and find it difficult to pronounce certain words, practice reading out loud and repeat the words that give you trouble.

Start out by eating soft foods that are cut into small pieces. Chew on both sides of the mouth to keep even pressure on both sides. Avoid foods that are extremely sticky or hard. Avoid chewing gum during the adjustment period.

It is not unusual to experience minor irritation or soreness and more saliva flow during the first week. Consult your dentist promptly if any problem persists, particularly irritation or soreness.

## **Dental and Oral Hygiene**

Most toothpastes can be abrasive when brushed directly onto dentures. Instead, be sure to use a denture cleanser when dentures are out of your mouth to effectively clean them.

It is still important to remove plaque buildup in your mouth in between wearing dentures by thoroughly brushing your gums, cheeks, tongue, and roof of your mouth to remove germs that can lead to oral irritation and bad breath. A fluoride toothpaste should be used to clean the inside of the mouth and any remaining natural teeth before dentures are inserted each morning and when they are removed at night. Use a soft-bristled toothbrush to stimulate circulation in your tissues and help remove plaque.

Be sure to schedule regular dental checkups. The dentist will examine your mouth to see if your dentures continue to fit properly. The dentist will also perform a maintenance check of your dentures.



Source: [www.exodontia.info/Denture\\_Stomatitis.html](http://www.exodontia.info/Denture_Stomatitis.html)

***Denture-related stomatitis, a common condition where mild inflammation and redness of the oral mucous membrane occurs beneath a denture.***

## Caring for your dentures

Brush dentures daily to remove food particles and plaque, and to help keep the teeth from staining. Follow these steps when cleaning dentures:

- Stand over a folded towel or a sink of water in case you accidentally drop the denture.
- Rinse your dentures before brushing to remove any loose food particles.
- Gently brush all the surfaces of the dentures with a soft bristle brush designed for cleaning dentures. A regular, soft-bristled toothbrush is also acceptable. Do not use a toothbrush with hard bristles, as it can scratch the denture. Moisten the brush and use a non-abrasive cleaner. Be gentle to avoid damaging the plastic or bending the attachments.
- Use a denture cleaner with the American Dental Association (ADA) Seal of Acceptance, hand soap, or mild dishwashing liquid to clean your dentures. Do not use toothpaste or household cleaners because they are too harsh for cleaning dentures.
- Always thoroughly rinse the denture before placing it in your mouth.
- When not wearing your dentures, put them in a safe place covered in water to keep them from warping. At night, place the denture in soaking solution or water. Follow your dentist's care recommendations to keep them in good shape.
- Occasionally, denture wearers use adhesives in the form of creams, powders, pads/wafers, strips, or liquids. If you use one of these products, read the instructions, and use them exactly as directed. Your dentist can recommend appropriate cleaners and adhesives with the ADA Seal of Acceptance, as they are evaluated for safety and effectiveness.

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## Adjustments

Over time, adjusting the denture may be necessary. As you age, your mouth naturally changes, which can affect the fit of the denture. Your bone and gum ridges can recede or shrink, resulting in a poorly fitting denture. Dentures that do not fit properly should be adjusted by your dentist. Poorly fitting dentures can cause various problems, including sores or infections. See your dentist promptly if your denture becomes loose, and maintain your regular visits, too.<sup>2</sup>

If you have any questions about your dentures, or if they stop fitting well or become damaged, contact your dentist.

## For more information

For more information, contact the Division of Public Health, Bureau of Oral Health and Dental Services, at 302-622-4540 and [www.dhss.delaware.gov/dhss/dph/hsm/ohphome.html](http://www.dhss.delaware.gov/dhss/dph/hsm/ohphome.html), and visit [the ADA's website on denture care and maintenance](#).

## Resources

1. American Dental Association. 2020. *Dentures*. In Mouth Healthy. Retrieved July 16, 2020 from: <http://www.mouthhealthy.org/en/az-topics/d/Dentures>
2. American Dental Association. 2020. *Removable Partial Dentures*. In Mouth Healthy. Retrieved July 16, 2020 from: <http://www.mouthhealthy.org/en/az-topics/d/Dentures-partial>
3. Conventional Dentures. (n.d.). Retrieved January 03, 2021, from <https://drhavel.com/conventional-dentures/>
4. Doran, J. (n.d.). Retrieved January 03, 2021, from [http://www.exodontia.info/Denture\\_Stomatitis.html](http://www.exodontia.info/Denture_Stomatitis.html)