

# **MARTIN B. SANDERS, DDS, FADSA**

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DENTISTRY WITH SEDATION

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## DENTURES-FULL AND PARTIAL: POST-OPERATIVE INSTRUCTIONS

1. EXPECT TO DEVELOP SOME SORE AREAS UNDER THE APPLIANCE (S). WE WANT TO SEE YOU IF THESE DEVELOP. DO NOT LET THEM PERSIST.
2. WHEN YOU COME IN FOR AN ADJUSTMENT APPOINTMENT, TRY TO WEAR THE APPLIANCES FOR A TWENTY-FOUR HOUR PERIOD PRIOR TO YOUR APPOINTMENT.
3. DO NOT ROUTINELY WEAR THE APPLIANCE AT NIGHT WHILE YOU ARE SLEEPING.
4. SOAK THE APPLIANCE IN WATER AT NIGHT IN THE DENTURE BATH. CHANGE THE WATER DAILY.
5. CLEAN THE DENTURE WITH A MILD DISHWATER DETERGENT AND A DENTURE BRUSH. IF YOU HAVE A PARTIAL DENTURE, YOU SHOULD USE A REGULAR TOOTHBRUSH TO CLEAN AROUND THE CLASPS.
6. YOU CAN USE A DENTURE CLEANER, BUT NOT MORE OFTEN THAN ONCE PER WEEK. IF USED TOO OFTEN DENTURE CLEANERS CAN BLEACH OUT THE ACRYLIC OF THE DENTURE.
7. THE APPLIANCES ARE BREAKABLE, BE CAREFUL WHEN YOU ARE HANDLING THEM. WHEN CLEANING, DO SO OVER A SINK FULL OF WATER.
8. PRECISION PARTIAL DENTURES AND OVER DENTURES, BECAUSE OF THEIR BETTER FIT AND FEEL, WILL SEEM MORE LIKE YOUR OWN TEETH. THEY ARE ATTACHED TO THE NATURAL TEETH BY MECHANICAL RETENTION. THEREFORE, BECAUSE OF THIS THE POST OR CROWN ON THE TOOTH OR THE ATTACHMENT IN THE DENTURE MAY LOOSEN. CONTACT OUR OFFICE IF THIS OCCURS, AND SAVE THE PARTS. THE MECHANICAL RETENTION WILL DECREASE IN TIME, BUT WE CAN GENERALLY REPLACE PART OF THE ATTACHMENT EASILY AND RESTORE RETENTION CHAIRSIDE. THIS MAY HAVE TO BE DONE EVERY TWO – FIVE YEARS.
9. REMOVABLE APPLIANCES CAN SLIGHTLY ALTER SPEECH PATTERNS, PARTICULARLY FOR THE FIRST FEW DAYS. PRACTICE READING ALOUD TO YOURSELF FOR ABOUT FIFTEEN MINUTES A DAY FOR THE FIRST FEW DAYS. THE TONGUE NORMALLY TOUCHES THE ROOF OF YOUR MOUTH WHEN PRONOUNCING “S” AND “TH” SOUNDS. FULL UPPER AND PARTIAL DENTURES HAVE TO COVER ALL OR PART OF THE ROOF OF YOUR MOUTH FOR SUPPORT. THIS WILL MAKE YOUR SPEECH SOUND LISPY TO YOU AT FIRST, BUT THIS WILL IMPROVE QUICKLY. YOU WILL BE SURPRISED THAT WITHIN A FEW DAYS YOU CAN ADAPT YOUR SPEECH TO YOUR NEW APPLIANCE.
10. IT IS IMPORTANT THAT WE SEE YOU AT REGULAR SIX-MONTH INTERVALS TO CHECK THE PROGRESS YOU ARE HAVING WITH YOUR APPLIANCE. THESE APPLIANCES MAY NEED PERIODIC ADJUSTMENT AND WE WILL TRY TO DO THIS WHILE WE ARE CLEANING YOUR REMAINING TEETH. PARTIAL DENTURE AND OVERDENTURE ARE NOTORIOUS FOOD TRAPS. IT IS PARTICULARLY IMPORTANT THAT YOU BRUSH, FLOSS AND USE A DAILY FLUORIDE MOUTHRINSE. THESE PRECISION PARTIAL DENTURES OR OVERDENTURES NEED TO BE OBSERVED AND OCCASIONALLY ADJUSTED. IT IS VERY IMPORTANT TO FOLLOW OVERDENTURES CAREFULLY EVERY SIX MONTHS.
11. IF YOU HAVE WORN AN APPLIANCE BEFORE THIS ONE, THIS APPLIANCE WILL PROBABLY SEEM QUITE DIFFERENT TO YOU. IT WILL TAKE TIME TO BECOME USED TO THE NEW APPLIANCE.