



## **Commonly Asked Questions About Partial Dentures**

### **Will it be hard to adjust to wearing new partial dentures?**

Most patients will adjust quickly to wearing new partial dentures, but many people will develop a sore spot or two within the first days of receiving the new appliance. This is perfectly normal.

### **What do I do about sore spots?**

Although partial dentures are custom-made for your mouth from very detailed impressions, it is very common to develop sore spots or blisters where the partial denture presses against your gums. It is important to phone the office for an appointment so that the dentist can adjust your partial denture to eliminate these sore spots.

### **My partial denture feels too loose/too tight. Can this be corrected?**

Absolutely, the dentist can adjust your partial to make it feel either more snug or more loose. When adapted properly to your mouth, your partial denture should feel secure enough that it stays firmly in place when chewing but not too tight that it exerts uncomfortable pressure on your natural teeth.

### **Can I wear my partial dentures when I sleep?**

It is recommended that you remove your partial dentures overnight while you sleep. Bacteria accumulates on your partial denture and on your teeth and gums during the day. Taking the partial denture out at night is healthier for your teeth and gums and allows your partial denture an opportunity to soak and become clean.

### **How do I care for my partial denture?**

At bedtime, remove your partial denture(s) and scrub them with a toothbrush or denture brush (available at drugstores) and soapy water. Then leave it to soak overnight in water. If you prefer, you can use cleansing solutions (ie – Polident, Efferdent, etc.) and soak it overnight in these solutions. During the day, you may occasionally catch food in the partial denture. Simply remove the denture, rinse it under water to remove the food particle. Remember to thoroughly brush/floss your natural teeth at least twice daily.

### **Will my partial denture become loose as time goes by?**

If you are wearing the flexible, all-plastic VALPLAST-type partial, it is unlikely that the fit will change for many years. Partial dentures made from cast metal that secure you to your natural teeth with metal clasps will need to be tightened occasionally. Your dentist can perform this adjustment easily. With both types of partial dentures, however, the age of the appliance is a factor. VALPLAST partial dentures will become less flexible as they age and may no longer remain snugly in place. Metal partial dentures will develop metal fatigue, and the clasps can

become brittle with time. This can cause a clasp to break off when the dentist adjusts an older metal partial denture.

### **How long will my new partials last?**

This varies from person-to-person, but the average partial denture lasts 5-7 years. You can extend the life of your partial denture by handling it carefully and keeping it moist. The plastic in your partial denture becomes brittle with age. Always keep it in water when it is not in your mouth, which will help maintain its elasticity. **The most important factor in extending the life of your partial denture, however, is the continued care and maintenance of your natural teeth.** Your partial denture is designed to be supported by your natural teeth. Decay, gum disease and bone loss are among the factors that can damage or result in the loss of your remaining teeth. If you damage or lose one or more of your natural teeth, your partial denture may no longer fit and may require replacement period therefore it is essential to maintain excellent oral hygiene at home, and to maintain regular cleanings and examinations at the dental office.

**It is important to remember that getting used to wearing new partial dentures can be a challenge. It requires becoming accustomed to the feel of these new teeth at the same time you'll be learning to eat with them and speak with them. Until they become completely comfortable, eating may be painful, and speaking may be difficult. For this reason, it is essential that you report any discomfort to the dentist so that the partial denture can be adjusted properly for you.**