

CARE AND MAINTENANCE OF YOUR DENTURE(S)

DISCOMFORT

Initially it is normal to experience some discomfort or minor annoyance. This is to some extent due to the presence of bulk which the tongue in particular must become accustomed to. Remember any foreign material or object, must be accepted biologically and psychologically before it can become an integral part of the oral cavity. There is also the possibility of soreness developing despite every attempt on our behalf to prevent its occurrence. It is common and even inevitable that you probably will experience some discomfort. We wish to assure you however, that any needed adjustment(s) will be made.

PHONETICS

With few exceptions, the average individual will experience little difficulty in wearing the partial denture. Most of the hindrance to normal speech will disappear in a few days.

MAINTENANCE OF TISSUES

Inflammation of the gingival tissues is prevented by removing accumulated debris and by using toothbrush massage to stimulate the areas covered by the denture framework. Simply remove your denture and with a soft-bristle brush clean and massage the gingivae and surrounding tissues. This will prevent inflammation of the gingivae, increase tissue circulation and prevent bad breath. Brushing before breakfast may also be effective in reducing the bacterial count, which may help to lessen acid formation after eating in the caries susceptible individual.

MAINTENANCE OF THE DENTURE

The denture itself may be cleaned by a small, stiff bristle brush, and debris may be effectively removed through. The use of dentifrices (they contain the essential elements for cleaning). Household cleaners should not be used because they are too abrasive for use on resin material. Patients should clean their denture over a basin of water so that the fall will be broken if the denture is dropped accidentally during cleaning. In addition to brushing with a dentifrice, additional cleaning may be accomplished by the use of a proprietary denture cleaning solution. The patient is advised to soak the denture

in the solution for fifteen minutes once daily, followed by a thorough brushing with a dentifrice. Although hypochlorite solutions are effective denture cleansers they have a tendency to tarnish chrome cobalt frameworks and should be avoided in partial denture cases. In some mouths the precipitation of calculus on the partial or complete denture necessitates the taking of extra measures for its removal. Thorough daily brushing of the denture will avoid deposits of calculus for many patients. However, any build-up of calculus noted by the patient between scheduled appointments should be removed in the dental office. Since many patients will dine away from home, the informed patient should provide some means of carrying out, midday oral hygiene. Simply rinsing the denture-end the mouth with water after eating is beneficial if brushing is not possible.

DURING THE NIGHT

The tissues should be allowed to rest during the night by removing the denture. The denture should be placed in a container to prevent its dehydration and prevent subsequent dimensional change.

RECALL EXAMINATIONS

Every six months the patient wearing a denture (Partial or Complete) should return to the dental office for an examination of the denture, the oral tissues and any remaining teeth (in partial denture cases). Patients will experience only limited success with their treatment unless they return periodically to their dentist.