

We hope your recovery is as comfortable for you as possible. Listed below are some simple tips for you after your procedure.

Post op instructions – Removable Prosthetics (Dentures and Partial Dentures)

What to expect of your complete removable denture (CRD) or partial denture (PD): New complete removable dentures (CRD) and removable partial dentures (RPD) require a period of adjustment especially for first-time patients. A denture or partial is a prosthetic piece used to assist in mastication of food. It utilizes bone, gum tissue and if present, remaining teeth for support. It is common for bone and gum tissue to change overtime. If the denture becomes loose, periodic relines may be necessary to ensure a retentive fit.

Removable dentures and removable partial dentures do not have the same chewing efficiency as natural teeth. During the first week or so we recommend sticking to a soft diet. Softer foods will minimize any discomfort during the time you are most susceptible to developing sore spots. The less discomfort you have the more tolerable the learning curve of eating with a prosthesis will be. Tips for eating are small bites with up and down vertical movements. Try to balance amounts of food between the right, left, front, and back teeth. Avoid biting directly into things with the front teeth only. Imbalance will cause the prosthesis to loosen and dislodge.

The acrylic from the appliance can change the sound of your speech. It may also alter your taste buds. Overtime the acrylic may stain, wear or chip. Initially after placement you may experience excessive saliva flow.

How to properly care for your removable denture or partial denture: Proper cleaning of your prosthesis is important to prevent stains, bacterial and or fungal accumulation. Your prosthesis should be removed and cleaned with a tooth brush and water after meals and before bed. If you prefer to use an over the counter denture cleaner, be sure to follow the instructions given on the box. It is important to remove the prosthesis every night before bed. This allows the tissue to breath and will decrease your risk of fungal and bacterial infections in the month. When you are not using your prosthesis be sure to keep it in its case and away from pets such as cats and dogs.