



Congratulations on your new teeth! There are a few things that you must know.

Home Care:

It is important that your new teeth are kept clean. We recommend cleaning two times per day, in the morning and the evening. You can also clean between meals if necessary.

To clean: use toothbrush and hand soap. Toothpastes should not be used, as these can be too abrasive and scratch the surface.

Taking in and out: We had you take your new teeth in and out to ensure you know how to do this, but if you get stuck, try swishing hot water in your mouth for a few minutes. This will soften the material and make it easier to remove. Make sure when you are removing to find the clasps that wrap around teeth, and push up/pull down to remove. If you still cannot get out, give us a call, and we can adjust the fit.

Your new teeth must be kept hydrated. When in your mouth, this is not a problem, but if you decide to keep them out of your mouth for a longer period of time, you will need to wrap them in a moist paper towel and put in container, or place a small amount of water or denture cleaner in container when storing.

Since these are new, it is going to take your body a while to get used to them. These new teeth are like a pair of new shoes, they will feel awkward at first, but once you start to wear and use them, they will start feeling more normal.

When you got your new teeth we adjusted them to comfort. It is very common for patients to have to wear these for a few days and come back several times to have further adjustments. If your gums feel sore, or you notice a sore starting to form in your mouth, please call us to schedule an appointment for an adjustment. This is not considered an emergency appointment. A well-fitting partial should be comfortable to wear daily and eat with. If yours is not, then it needs further adjustment.

When you bite down on your new teeth, the forces should feel even on both sides, and you should have no pain. If your bite feels like it is uneven please call us so we can adjust for you.

If your teeth feel loose, you can buy denture adhesive at any drugstore. Make sure to use a small amount, as these adhesives can be very strong.

We recommend sleeping without teeth in at night, unless you have some type of night guard that fits over the teeth.

If you have any questions or concerns, please do not hesitate to give us a call. 425-776-3352