



6405 Stage Road
Bartlett, TN 38134
901.386.3702

DENTURE CARE INSTRUCTIONS

Congrats on your new appliance! Here are a few suggestions to keep it fitting well and staying fresh.

CLEANING:

- Gently brush your dentures daily just like you'd brush your teeth, but **DO NOT USE REGULAR TOOTHPASTE**. Normal toothpaste wears away denture material over time and may discolor your denture.
- Rinse your denture after each meal to remove debris.
- When not wearing your dentures, keep them in cool water or denture cleaning solution to keep them from drying out. Hot water and some cleaning solutions (conventional toothpaste, bleach, vinegar and soap) can cause warping or discoloration of the denture, so **ONLY** use cold water and specialized denture cleaning solutions to clean your dentures.
- Soaking of the dentures in specialized cleaners can be used to keep your dentures clean.
- Fill the sink with water or place a towel in the sink when handling or cleaning the dentures, so if they fall, they don't break.
- Brush your gums and tongue with regular toothpaste like you would brush your teeth. This helps remove debris and keep your mouth free from bacteria. Rinsing with a mouthwash can also help keep your mouth fresh.

REMOVAL:

- Swish with warm water or mouthwash.
- Fill the sink with warm water to avoid breakage if you drop them.
- Remove the upper denture by placing your thumb against your front teeth, then press up and out toward your nose.
- Remove your lower denture by pulling on it slowly while rocking it back and forward.

FOLLOW-UP:

- It's important to follow up with us every 6 months to check how your dentures are fitting and make sure your mouth is staying healthy. We will still perform oral cancer screenings and can look for any signs of irritation in your mouth at that time.
- If over time your denture doesn't seem to fit as well as it did, natural changes in your mouth may make it necessary to refit or remake your dentures. The bony ridge that your dentures sit on naturally shrinks over time. Contact us to find out what we can do to make your denture fit best.

QUESTIONS: If you have any questions about these directions or if you have any concerns, please call us!



PARTIAL CARE INSTRUCTIONS

Congrats on your new appliance! Here are a few suggestions to keep it fitting well and staying fresh.

CLEANING:

- Gently brush your partials daily just like you'd brush your teeth, but **DO NOT USE REGULAR TOOTHPASTE**. Normal toothpaste wears away acrylic material over time and may discolor your partial.
- Rinse your partial after each meal to remove debris.
- When not wearing your partials, keep them in cool water or denture cleaning solution to keep them from drying out. Hot water and some cleaning solutions (conventional toothpaste, bleach, vinegar and soap) can cause warping or discoloration of the acrylic, so **ONLY** use cold water and specialized denture cleaning solutions to clean your partials.
- Soaking of the partials in specialized cleaners can be used to keep your partials clean.
- Fill the sink with water or place a towel in the sink when handling or cleaning the partials, so if they fall, they don't break.
- Brush your teeth, gums and tongue with regular toothpaste like you would normally. This helps remove debris and keep your mouth free from bacteria.

REMOVAL:

- Swish with warm water or mouthwash.
- Fill the sink with warm water to avoid breakage if you drop them.
- Upper partial: Remove the partial by gently putting the tips of your fingers at the edge of the acrylic and pulling down. applying pressure to the acrylic. **DO NOT** pull on the wire clasps to remove the partial (if present).
- Lower partial: Remove the partial by gently putting the tips of your fingers at the edge of the acrylic and pulling up. applying pressure to the pink acrylic. **DO NOT** pull on the wire clasps to remove the partial (if present).

FOLLOW-UP:

- It's important to follow up with us at least every 6 months to check how your partials are fitting and make sure your mouth is staying healthy. We will still perform oral cancer screenings and can look for any signs of irritation in your mouth at that time, as well as check on your teeth.
- If over time your partial doesn't seem to fit as well as it did, natural changes in your mouth may make it necessary to refit or remake your partials. The bony ridge that your partials sit on naturally shrinks over time. Contact us to find out what we can do to make your partial fit best.

QUESTIONS: If you have any questions about these directions or if you have any concerns, please call us!



VALPLAST UNILATERAL PARTIAL INSTRUCTIONS

Congratulations on your new appliance! Here are a few suggestions to keep it fitting well and staying fresh.

1. Take out your appliance and brush your natural teeth and gums as you normally would twice a day.
2. Rinse your new appliance under water after eating to remove food particles.
3. Clean your appliance by gently brushing your appliance with a dedicated brush using only water and mild dishwashing detergent.
4. Put your appliance in a denture cleaner at least daily.
5. Rinse the appliance thoroughly under running water prior to putting it back in your mouth.
6. **ALWAYS keep your appliance in water if it is not in your mouth.** It will become porous, rough, and not fit as well if it is not constantly kept moist.
7. **DO NOT** use toothpaste, bleach, or other cleaning products on your appliance, as these will scratch and discolor your appliance.

FOLLOW-UP:

- It's important to follow up with us at least every 6 months to check how your appliance is fitting and make sure your mouth is staying healthy. We will still perform oral cancer screenings and can look for any signs of irritation in your mouth at that time, as well as check on your teeth.
- If over time your appliance doesn't seem to fit as well as it did, natural changes in your mouth may make it necessary to refit or remake your partials. The bony ridge that your appliance sits on naturally shrinks over time. Contact us to find out what we can do to make your partial fit best.