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## Information About Your New Removable Partial Dentures

The following information will be helpful to you at this time:

1. **Your First Few Weeks:** New dentures always feel strange when first placed in your mouth. Several days or weeks will be required for you to feel accustomed to them.
2. **Sore Spots:** Usually, your mouth will have a few “sore spots” after wearing the denture. Don’t worry about these areas. They can be relieved with very little effort during your next appointment.
3. **Chewing:** The new bite or occlusion may not feel completely comfortable for a period of days. We will adjust the contacting surfaces of your teeth when necessary.
4. **Cleaning the Dentures and Your Mouth:** Your dentures can be easily cleaned by using a denture brush and a denture toothpaste. Use special care to clean parts of the partial that contact any natural teeth. Both the partial denture and the natural teeth must be kept very clean on a daily basis to reduce the chance of new decay starting. If suggested by us, use a prescription strength fluoride gel on a daily basis. Denture soaks are also useful for the partial denture. In addition, small “sonic” cleaners are available for home use. Brush your gums with a regular toothpaste once per day to clean them. You should leave the dentures out of your mouth at night and stored in water.
5. **The Future:** Your jaw bones and gums shrink 1/32 of an inch per year when your teeth are missing. The shrinkage is one of the main disadvantages of artificial dentures. Because of this shrinkage, you should plan to have your dentures and oral tissues evaluated at least every 6 months. We will inform you when relining of the dentures is necessary. Wearing ill-fitting dentures for too long without refitting can cause additional bone loss or other oral diseases

**If you have any questions please contact the MIT Dental Service at 617-253-1501**