**Care Following Insertion of Partial or Complete Denture**

* Rinse the complete or partial denture and your mouth with water after each meal. Oral hygiene is more completed to maintain especially with a partial in the mouth.
* Soak the complete or partial denture in water mixed with mouthwash overnight. For complete denture wipe it with vinegar or javex once a month to kill the bacteria. If dropped on the floor it can break.
* Leave the partial or complete denture out of the mouth for a minimum of 6 hours per 24 hours. **(BE CAREFUL-ANIMALS SUCH AS DOGS LIKE PLASTIC AND CAN/WILL EAT IT!).**
* There is a minimum of 2 weeks adaptation period to a new period to a new partial or complete denture during which some discomfort during talking or eating can be experienced.
* Avoid eating hard food (like steak) or very fine food (like lettuce) for the first 2 weeks after insertion. It takes some time before you can apply maximum pressure on the gums in areas where they were not use to receive that pressure. And also, it takes some practice to develop an adequate way of chewing. Do not use the front teeth in complete dentures to bite directly into food (like an apple or sandwich) instead use the corners of the mouth.
* If the pain is intense leave the partial or complete denture out of the mouth and rinse with salt water for a few days to help healing of any ulcers. Most of the time after 2 adjustments the discomfort is completely gone.
* Do not bite to position a partial in the mouth instead place it with both hands and remove it the same way.
* Do not try to tighten the clasps yourself as they need special manipulation and they can break.
* Be reasonable with your expectations
* A reline (refitting of the base) is recommended once every one or two years depending on the rate of loss of bone in the mouth. This will ensure the continuous retention and stability of the partial or the complete denture throughout the time. After five to seven years it is recommended to get a new partial or complete denture made as the vertical dimension would have changed (the mouth closes deeper).
* In immediate partial or complete dentures (immediately inserted after an extraction) an extra reline is necessary 3 months after the insertion.

**150 Elgin Dental**

**Dr. Norma Faycal and Associates**

**104-150 Elgin Street**

**Ottawa, ON K2P 1L4**