



Eastside Dental, LLC

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Partial/Denture Aftercare

Getting used to a new partial/denture can take a while. It may briefly affect your speech and/or what you can eat. It is recommended to try to stick to soft foods for the first couple of weeks and slowly add more solid foods back into your diet. It is normal to experience discomfort that may be associated with sore spots the first couple of weeks during the adjustment period. With time, the discomfort should subside and the denture/partial will begin to feel more natural.

Partial/Denture Hygiene

Cleaning your partial/denture is very important and should be done at minimum, weekly. Cleaning them thoroughly can help prevent gum disease, bad breath, buildup on the appliance, and staining. While it is important to clean them at least once a week, cleaning more often is encouraged. Brushing with a soft bristle toothbrush or a denture brush will prevent bacterial growth that can easily multiply in the small cracks that a hard bristled toothbrush can cause.

Step 1. Gently brush the partial/denture with a soft bristle toothbrush under lukewarm water. This will help remove any remaining adhesive/food debris. Do NOT brush the partial/denture with toothpaste or other abrasive cleaning materials such as bleach and alcohol.

Step 2. Soak the partial/denture in Polident, Hydrogen Peroxide (diluted 50/50), or Antibacterial Alcohol-free mouthwash (diluted 50/50) for 5-10 minutes to thoroughly clean the appliance. You may also leave them in lukewarm water overnight to keep them moist which will keep the partial/denture pliable making them more comfortable in the mouth.

In the morning after soaking, make sure to rinse the partial/denture in water before inserting.

Warnings: Do NOT leave your appliances in hot water. This can alter the shape and the partial/denture won't fit snugly or in extreme cases it may not fit at all.

Do NOT let the denture dry out, but flexible partials don't need to be soaked overnight but still use cleaner periodically. This will make it brittle and more susceptible to cracking/splitting. This can also alter the shape of it leading it to rub against the gums over time causing irritation, pain, swelling, and even infections.

Do NOT leave it in mouthwash that includes alcohol. It can be abrasive to the plastic, specifically acrylic resin, on the partial/denture leaving them cracked or discolored.

Do NOT sleep with them overnight. This can lead to more bacterial growth resulting in bad breath and eventually gum disease. It can also cause bone loss due to the pressure on the gums and bone underneath causing the partial/denture not to fit as well anymore.

If you have any questions for us, feel free to call/leave a voicemail at (414)276-4455.

Take home kit would include:

Polident, (Optional) Poligrip, denture toothbrush and/or soft bristle toothbrush, and a case.