

How to Care for Your New Partial (also called and “RPD” or “Removable Partial Denture”)

Daily Cleaning

- Partials are cleaned using the same products used to clean dentures. You can try different brands found at the drugstore. We have provided samples of denture cleaning tablets, a denture brush, a denture bath, and a denture adhesive (which you may not need).
- Fill the sink with water or lay a soft towel down to prevent your partial from breaking. (*This is the most common cause of a partial breaking...dropping it in the sink or on the floor!)
- Rinse partial under warm water after each meal to remove loose food debris. Avoid excessively hot water as that may cause the partial to warp and not fit properly.
- Brush partial daily with the soft “denture” brush provided.
- They can be brushed with warm water, hand soap or denture cleaner. ***Regular toothpaste is too abrasive and can cause scratches in the acrylic.**
- Cleaning tablets can be used while partial is soaking in water. These help to remove light stains and loosen plaque buildup. Be sure to follow the manufacturer’s instructions; each type/brand is different.
- After soaking, be sure to rinse thoroughly under warm water before re-inserting into mouth. Mouthwash may be used after rinsing with water to give a fresh taste and feeling.

Caring For Mouth and Gum Tissues

- When not wearing your partial, **always keep them in water** or denture solution. Otherwise, the acrylic will dry out over time, causing them to not fit as well and become brittle.
- It is important to remove your partial before you go to sleep at night, to allow your gum tissues to breathe. This helps to avoid irritation, discomfort, and infection of the soft tissue beneath your partial.
- While partial is out of mouth, use a dampened washcloth or very soft toothbrush with warm water (or salt water solution) to clean the tissues inside of your mouth. Be sure to wipe the ridges (where the partial sits), tongue, lips, cheeks, and roof of the mouth. Rinsing daily with lukewarm salt water can help keep your gums clean.

When Mouth Becomes Sore or Irritated (Call us at 671-0603 for an adjustment)

- Sore spots in your mouth may occur if the partial is putting too much pressure on a particular site. Sore spots may appear as a small mark or wound on the gum tissues. If you experience this, you should visit your dentist so they can make the proper adjustments to relieve the pressure.
- Never try to adjust or repair your partial yourself. You could easily damage them.
- To soothe your gum tissues, you should remove your partial and rinse your mouth with warm saltwater and/or Peroxyl (can be bought at drugstore or our office).
- It is best to stop wearing your partial while sore areas of the mouth are present. However, it is helpful to the dentist if you re-insert them the morning of your appointment. This way it may be easier for the dentist to see the sore areas of your mouth, and determine which area of the partial should be adjusted.