

# GETTING USED TO A NEW PARTIAL

## The first day

Partial dentures may feel awkward in your mouth at first. You may experience an increase in saliva or a slight gag reaction. But don't worry. These sensations are normal and quite temporary.

When it's time to eat, start off with soft foods like fish, eggs, chopped meat, and cooked vegetables. Take small bites, chew slowly and avoid biting with your front teeth.

## Days 2 to 14

At this point, you may be noticing increased levels of saliva and some sore spots. Try to swallow more frequently. If soreness persists for more than a few days, contact your dentist. Remember, the Academy of General Dentistry recommends that you take your partial dentures out for at least eight hours a day to give your gums a chance to rest.

## Days 15 to 90

You should notice that wearing your partial dentures longer makes the transition easier. You should also notice decreased saliva levels and more ease with eating and speaking. Gradually try harder-to-eat vegetables, meats and fruit, as you feel more comfortable.

To help you do that, consider using a few dabs of a partial adhesive cream like Poligrip® for Partials as directed. It is clinically proven to help seal out food particles – like strawberry or kiwi seeds. It's also a good idea to talk with your dentist about how you are adjusting and about other instructions to follow during the healing phase.

With proper care, a set of partial dentures can last for many years. During that time, it's normal for the shape of your mouth to change, or you may find that the shape of your mouth changes as it heals from tooth extraction. If that happens, your partial dentures may need rebasing or relining to ensure a proper fit. Contact your dentist if you're feeling discomfort.

Remember, good oral health involves more than teeth, so visit your dentist regularly for oral health screenings. Visit your dentist at least every six months to ensure that your partial dentures will continue to fit comfortably in your mouth. Plus, even if you don't have any natural teeth remaining, your dentist will check on the overall health of your mouth.