



Importance of Post Instructions for Removable Denture Users

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Commentary

There is no doubt that patients, Dentists and Lab Technicians are careful and precise in every step of dentures fabrications. These appliances need to fit well, look as natural as possible, and function properly. Besides the expectation of aesthetic at delivery day, everyone should notice the importance of care instructions for new denture users. Is not everyone that provides information about this step in a Dental Practice, and there is no “general protocol” to follow, apart from what is available online and what we’ve learned in Dental School? New dentures will challenge patients while wearing them especially at the very beginning when sore spots will appear. There is also an increase in the salivation and the sense of a full mouth and difficulty to speak. Additionally, Removable partials or Full (complete) dentures are made mostly by PMMA acrylic resin, a material that can enhance bacteria and fungi colonization in the oral cavity. It’s already known that *C. albicans* and other no-albicans fungi are able to attach to acrylic and develop bio films which later can lead to Oral Candidiasis [1-3]. Lately was published in the literature that these bio films have not only fungal-species in their composition, but that *Streptococci* spp. are able to bind to the acrylic and to the hyphae surface (of fungi) and develop a more complex community named multi-species bio films [3,4]. Certain oral *Streptococci*, as *S. gordonii*, may trigger heart infection as endocarditis [5,6]. Some of our patients can be imuno compromised or more susceptible to infections. Generally instructions are according to the public we provide assistance, as patient can have a great general health condition, and other can’t. Also, oral health condition has to be considered for post instructions as well, as patients more susceptible to periodontal diseases or decay can improve the risk when using removable partials. They need to understand that oral care has to continue and they will need to take care of their new dentures. Briefly, the instructions could highlight aspects as specified in (Table 1). Thus, due to all this it is extremely important that at the delivery appointment, and later whenever is necessary, post instructions be given. As health providers we should give extra time and talk to our patients about all changes and possible risks that using dentures can have.

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Table 1: Instructions for dentures users. Adapted from Mayo Clinic “Denture care: How do I clean dentures?” [6].

You need to use your dentures! This is the only way to check if your denture is fitting well, if you need adjustments and if you are able to eat with them.
Eat soft food at the first days of using new dentures and gradually chew small pieces.
You will notice a full mouth, difficulty to speak and an increase in salivation until your mouth is used to your new dentures.
Remove and rinse dentures after eating. Remove dentures and run water over them to remove food debris and particles.
Handle your dentures carefully. Be sure you don't bend or damage the plastic or clasps while cleaning, and use a paper towel in the sink so the dentures won't break if you drop them.
Clean your mouth after removing your dentures. Use a soft toothbrush to clean your natural teeth and your tongue. If necessary use gauze to clean cheeks and roof of your mouth (palate). If used, remove any remaining denture adhesive from your gums.
Brush your dentures daily. Remove and clean your dentures daily. Wash and brush them with a soft toothbrush and nonabrasive denture cleanser or hand soap to remove food, plaque and other deposits. If you use denture adhesive, clean the grooves that fit against your gums to remove any remaining adhesive. Don't use denture cleansers inside your mouth.
Soak dentures overnight. Place the dentures in water or a mild denture-soaking solution overnight. Avoid hot water. Follow the manufacturer's instructions on cleaning and soaking solutions.
Rinse dentures thoroughly before putting them back in your mouth, especially if using a denture-soaking solution. These solutions can contain harmful chemicals that cause vomiting, pain or burns if swallowed.
Check with your Dentist if your dentures loose fit. Loose dentures can cause irritation, sores and infection. If you see any changes on your denture's surface contact you dentist to check for possible fungal infections.

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