

Instructions For Dental Prosthesis Care

DENTAL PROSTHESIS CARE

There is a whole range of products for dental prosthesis care: cleaning foam, brushes, boxes for storing the prosthesis, fixative creams, and tablets that disinfect and clean. They are all available in larger pharmacies and some stores (at DM, for example).

DENTAL PROSTHESIS PASTE

Dental prosthesis paste is also available as a foam, and, combined with a matching brush, can be used as part of a daily hygiene routine for dental prosthesis cleaning.

DENTAL PROSTHESIS DISINFECTING CLEANING TABLETS

Disinfecting cleaning tablets can be used every few days, and should be used at least once a week. They disinfect dental prostheses and clean layers of food that have accumulated.

DENTAL PROSTHESIS FIXATIVE CREAM

This cream prevents the dental prosthesis from moving around in the mouth. Fixative cream is recommended for use while the patient adapts to the prosthesis, because it minimizes any prosthesis movement and gives the patient time to adapt to it. This cream is not suitable for fixing or correcting a worn-out or poorly designed dental prosthesis. High-quality fixative creams induce the production of saliva, which helps prostheses adhere, so the cream can be used by people with insufficient saliva production or at times when the amount of saliva is inadequate.

USEFUL ADVICE FOR THE ADAPTATION PROCESS

- Be patient. Know that a certain amount of time is necessary for you to completely adapt to your new dental prosthesis (the adaptation process is shorter if you have already had a prosthesis).
- In the beginning, wear your dental prosthesis all the time, even overnight. This shortens the adaptation process. If you feel pain, visit your dentist, who will know what to do to help you.
- Only eat food that is easy to chew. Slice the food into small pieces and make sure that you use both sides of your prosthesis evenly.
- If you feel that your saliva production is insufficient, or you have trouble swallowing, eat hard candy, because it induces saliva production and helps the prosthesis adhere.
- Practice talking in front of the mirror. Read out loud; this will help you form and pronounce sounds correctly.
- Be sure to keep your prosthesis in water every time you remove it – it can lose its shape if left outside of water for too long.
- Go to check-ups every 6 months, and let the dentist examine your prosthesis and replace the worn-out parts, if necessary.
- A dental prosthesis usually lasts 4-5 years, after which a new prosthesis should be made, or the old one should, at least, be relined, due to atrophic jaw changes.