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Instructions for handling, care and maintenance of Overdentures

Description

The overdenture is a treatment to replace missing teeth by means of artificial teeth-bearing oral appliances that cover fixed elements, anchored to root remains, teeth or implants, in which the retention elements are located. It allows the recovery of chewing, speech, and aesthetics in a similar way to the complete prosthesis, although with greater security, since they give greater confidence and security thanks to its better retention.

Limitations

The overdenture is not suitable for grinding very hard foods.

Over time, the bone on which prosthetic devices rest changes shape, which will loosen them and may cause discomfort or ulcerations that require adaptation by the dentist, and replacement, after a variable time, with new ones.

In addition, the fixed part that sits on the roots is very delicate, requiring very careful hygiene and periodic check-up and maintenance visits at the dentist. In addition, sometimes there can be a burst in the roots or irrecoverable failures of the root canals, which force their extraction.

Instructions for handling and maintenance

- Adaptation and habituation

- **At first:**

- You will notice a sensation of occupation or foreign body in the mouth, which usually disappears in a few weeks.
- You will produce more saliva than normal, but it will also gradually normalize. Initially you will experience a decreased sense of taste, which will recover after a few weeks.
- Your speech will change a bit, there may be phonetic problems pronouncing certain sounds, so you will probably have to learn, through training, to vocalize certain words, although the problem usually disappears in a few weeks.
- It is likely that he bites easily on the cheeks and tongue, but in a short time he will learn to avoid it.
- You may notice some discomfort in the areas where the prostheses rest, and at the height of the edges), which usually disappear in a short time, as the mucous membranes "callous".

- **Recommendations**

- The first few days, try to close your mouth and chew carefully, so as not to bite yourself and not overload your gums.
- For the same reason, it is advisable to gently chew soft and non-sticky foods initially, gradually moving on to eating products of greater consistency.
- To treat bite wounds (generally very painful), you can use soothing and healing mouthwashes, ointments or gels, on which your dentist will advise you.
- If you have intense pain when biting, or injuries appear, go immediately to the dentist's office, so that he can make the pertinent relief in your prostheses and prescribe, where appropriate, soothing, and healing mouthwashes, ointments or gels or use adhesives on this type of prosthesis.
- Avoid, when handling them, that your prostheses fall to the ground, as they can fracture, especially if it is inferior.

- **Placement and removal**

- For its placement, you must always use your fingers. He will place it in the appropriate situation, and then he will press with his fingers, until he reaches the correct place, at which point a "click" is usually noticed. Never force the prosthesis, or bite on it to bring it into place, because such force is applied that some elements of the device can be damaged (especially the attachments, which are very delicate) or damage the mucous membranes.
- To remove the dentures, you will pull on both sides at the same time (never on one side!), locking the nails of the index fingers of both hands into the plastic edges of the denture (be especially careful not to scratch the gums). .

- **Care and hygiene**

- Hygiene of the mouth and of the prosthesis should be done after each meal, and especially deep down, before going to bed, because less saliva is produced during sleep, which reduces its protective effect against caries and decay. periodontal disease.
- The cleaning of the fixed element will be done by horizontal brushing with a soft bristle brush, around the teeth, and around the roots and fastening elements cemented to them. If there are bars, it is convenient to use tape or dental floss between them and the gum. The removable part must be thoroughly cleaned outside the mouth at least once a day. In any case, even if you can't clean it after every meal, you should at least remove it to rinse and rinse your mouth.
- To clean the removable appliance, use a special brush for prostheses (sold in pharmacies) or a nail brush with nylon bristles, and a little toothpaste or, better, soap, to prevent the formation of tartar and the staining tank. Afterwards, they should be rinsed very well with water.
- It is advisable to remove the prostheses to sleep, so that the tissues rest daily for a few hours from the pressure to which they could be subjected.
- While sleeping, they should keep the prostheses in a humid environment, preferably in a glass of water, to which you can add disinfectant tablets marketed for that purpose.

Reviews and incidents

Whenever a discomfort appears in the gums, or in your teeth, you should go to a consultation, although at first, as these discomforts are normal, you can wait four or five days. If after this time they have not disappeared, or if they worsen as the days go by, you should go to the dentist. You should go to the dentist whenever you detect any anomaly, and especially if your gums bleed when brushing, or the fastening mechanisms loosen.

If a problem arises, do not try to solve it yourself: See your dentist. The gums, over time, undergo modifications and with this mismatch occur in the prostheses that must be corrected by the dentist. Among the adaptive corrections that must be made from time to time (variable, depending on the case), are the relines, which consist of filling with resin (plastic). The areas of the prostheses that have lost contact with the mucous membranes, to improve adhesion. For this reason, routine check-ups with the dentist or stomatologist should be carried out every six months.

Don't let anyone but your dentist fit your dentures. As a physician who has prescribed them, he is the only one who can do so.