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DENTURES, STAYPLATES, ESSIX & VALPLAST • HOME CARE

Care for dentures, temporary stayplates (flippers), Essix appliances and Valplast flexible partials. Cleaning and wear instructions depend on the appliance's purpose and material.

1 Clean your mouth every day

Remove the appliance. Brush remaining teeth twice daily with fluoride toothpaste; floss daily. Gently brush gums, tongue and palate with a soft brush and rinse. Clean around teeth supporting a partial denture.

2 Dentures & acrylic stayplates

Rinse after meals. Clean daily with a soft denture brush and an approved nonabrasive cleanser. Polident may be suitable; check compatibility with metal parts or soft liners. Rinse well after cleaning. Use cleanser outside the mouth only. No hot water, abrasive toothpaste or household cleaners.

3 Valplast flexible partials

Use Val-Clean, as recommended by Valplast.

Do not substitute ordinary Polident without manufacturer approval. Follow label directions; the manufacturer recommends a 10-15 minute daily soak.

Rinse after meals. Use only a manufacturer-approved denture brush; ordinary toothbrushes may scratch Valplast. No toothpaste or hot water.

4 Essix: check its purpose

Clean Essix with cool water, a soft brush and a compatible cleanser. No hot water.

Orthodontic Essix retainers may require nighttime wear. For an Essix temporary tooth replacement, follow your dentist's wear schedule. Denture rules do not apply to every Essix.

5 Nighttime removal & storage

Remove dentures, stayplates and Valplast partials for sleep unless your dentist gives a specific exception, such as immediately after extractions. This lets the tissues rest. Keep conventional dentures and Valplast moist in cool water when not worn, unless instructed otherwise. Follow specific storage directions for Essix appliances. Use a labeled protective case or denture container, placed in a secure travel bag when traveling.

6 Fit, sore spots & bite changes

Call for pressure sores, ulcers, rubbing, a changed bite or difficulty chewing. Do not force an appliance into place or continue wearing through significant pain.

Gum and jawbone remodeling, healing after extractions, weight changes and wear can affect fit over time. A loose appliance may need professional adjustment, relining or replacement. Do not trim, bend clasps, glue or repair it yourself.

7 Protect it & keep checkups

Keep appliances and cases away from pets and small children; pets can chew and destroy them. Handle over a towel or water-filled basin to cushion a fall. Do not wrap in tissues or napkins.

Call promptly if an appliance is lost, cracked, broken or no longer fits. Keep the pieces and bring them in. Avoid sharp or loose parts in the mouth.

Keep regular exams and cleanings, even with full dentures, so we can check fit, tissues and any remaining teeth. Bring your appliance to appointments.

QUESTIONS OR CONCERNS? PLEASE CALL THE OFFICE

Call for bite problems, sore spots, looseness, damage, loss, swelling, bleeding, persistent odor or any concern. A sore that does not heal within two weeks needs evaluation. Contact us rather than attempting your own adjustment.

Dr. Costella 415-453-0642

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Call 911: choking, trouble breathing, or a severe allergic reaction with tongue or throat swelling. For fit, cleaning or repair concerns, call our office.