



TEMPORARY REMOVABLE PARTIAL DENTURE HOME CARE INSTRUCTIONS

Learning to wear and care for a temporary removable partial denture (“flipper”) takes time and patience. In the first few weeks, you may need to see your general dentist to adjust the flipper or demonstrate how to best insert/remove it. The following tips may address any questions you have about your new flipper:

- Soreness may develop in one or more areas of the gums during the adjustment period. Your general dentist and their assistants can help relieve any sore spots. Warm saltwater rinses (1/2 teaspoon of salt in 8 oz warm water) 2-3 times per day for 1 minute can help with sore spots. Please do not try to adjust the flipper yourself or use home relining material unless instructed by your general dentist.
- Your flipper is intended to temporarily replace the missing teeth for esthetics, but not for significant chewing. Although most patients learn to eat with their flippers in place, it is best to begin by taking small bites of relatively soft food that is cut into small pieces. Hard or chewy foods should be avoided until after the initial adjustment period. It is recommended to rinse the flipper with water after eating.
- Your flipper also acts like a retainer to hold the adjacent teeth in place. So, it is important that you wear the flipper at least a few hours each day to prevent shifting of your teeth.
- At first, you may have trouble speaking clearly with your flipper. This is likely due to your tongue’s new position next to the flipper. However, the tongue is highly adaptable and will do so within a week or so of regular speech with the flipper.
- To clean your flipper, brush all surfaces with a soft toothbrush and warm water ONLY twice per day. Do not use toothpaste or abrasive cleaners (e.g., baking soda) because they may scratch the flipper. You can periodically soak your flipper in commercial denture soaking solutions found in any grocery or drug store for a deeper cleaning.
- We recommend that the flipper NOT be worn when you sleep to allow the gum tissues underneath to “breathe” and prevent fungal infections.
- When the flipper is not being worn, it should be kept wet in a glass or Ziploc bag of water.
- Additional questions you have about your flipper should be addressed with your general dentist.

Kyle Diehl, PhD, DDS, MSD | Colleen Leong, DDS, MSD

2979 North Iola Street
Denver, CO 80238
(720) 703-9116
team@periocp.com