

- Dentures may warp if they dry out. When your denture is not in your mouth, be sure to store it in a denture bath filled with denture cleaner or water.
- Denture adhesive may be used to assist the retention of your denture, but should not be used with a poorly fitting denture.
- Poorly fitting dentures should be relined or replaced.

Good denture care and periodic visits to your SADA dentist will ensure that your tissue remains healthy and your denture fits properly... for a lifetime of good health!

*Patient Education
Information
brought to you by*



SADA

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Dentures

Why dentures?

When you're missing some or all of your teeth, there are several methods for replacing them.

Your SADA dentist will discuss your options with you and help you decide the best plan for you.

In the event you are missing all of your natural teeth, a complete removable denture is often the recommended way to replace them.

Replacing missing teeth benefits both your health and your appearance. It improves speaking and eating, improves your smile and, especially in the case of a complete denture, helps support your facial muscles, providing a more youthful appearance.

Why do I need dentures?

It is not always necessary to replace missing teeth but you may want to replace them to help you speak, chew food properly as well as giving you back your normal smile.

Dentures can also prevent your remaining teeth from moving and tilting into the gap left by the missing teeth.

What is involved in having dentures?

There are two different types of dentures – acrylic (plastic) and metal (cobalt-chromium) dentures. Your dentist will talk to you about each type of denture and recommend the best type for you.

First, an impression is taken of your mouth and a made-to-measure denture will be made based on this impression. Sometimes adjustments may need to be made to your existing teeth at this stage.

Next, there will be a series of appointments (4 - 5 visits ranging from 1 hour to 3 hours long) during which the dentist will work on building and shaping the denture. In between visits, your dentures will be sent to the laboratory for further work.

A trial version of your dentures made from wax will be fitted so that you and your dentist can assess the fit, retention, comfort and appearance of the dentures.

When you are both happy, the trial denture will be sent to the laboratory to be finished.

Will I feel pain during treatment?

Getting dentures made and fitted should not be painful. You will not need any local anaesthetic.

You can expect to feel some mild discomfort and you might have a few sore spots when you start wearing your new denture. This is normal when the dentures are settling in.

Your SADA dentist will arrange appointments for you to deal with these sore spots until the dentures feel comfortable.

How long does the treatment usually take?
The process of making new dentures takes months as they are sent to the laboratory between visits.

The timeframe also depends on how complex your case is. If you need teeth removed before the denture is made, this will make the process longer as your mouth needs to heal.

Are there risks associated with dentures?

The main risk associated with dentures is periodontal (gum) disease and dental decay in teeth beside the partial denture if it is not looked

after properly. Your dentist will advise you about the best way to take care of your dentures.

Once I have my dentures, do I ever need to see my dentist again?

When you have been fitted with a new denture, there is a period of adjustment when it is especially important to visit your dentist so that he or she may make minor modifications until your denture fits comfortably.

It is also important to visit your SADA dentist periodically during the lifetime of your denture to ensure it continues to fit properly and adjustments are made as soon as they are needed. It is natural for the bone and tissue beneath the denture to change over time, so periodic adjustments will allow a continued good fit and protect the health of the underlying bone and tissue.

How do I care for my dentures?

Even though you no longer have natural teeth, you must still take good care of your mouth. Plaque will form on your denture and food can get trapped between the denture and your gum tissue.

After each meal, remove your dentures and, using a soft toothbrush, brush your gums, your tongue, and all sides of the denture.

Here are a few helpful hints about caring for your dentures:

- Dentures are fragile and can break if dropped. It is a good idea to clean your dentures over a sink filled with a few inches of water, or a folded towel laid over the counter top.