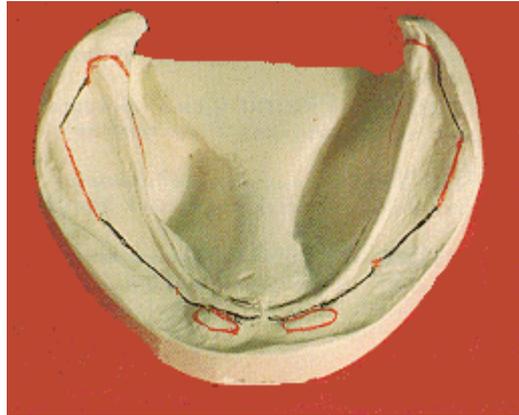


# Full Dentures



This is what your mouth would look like if you lose all your lower teeth. It is always the best choice to KEEP your teeth or at least some of them. As you can see by looking above there is nothing to hold a lower denture down while you chew. A successful denture can be made but is always a compromise. As with other types of dentistry, if proper time, care, skill and judgement are exercised, a denture that functions well and looks natural, can be constructed. As with a patient that has teeth, It is important that a Denture Exam be performed before a denture is constructed.

If only a few roots can be saved, an Overdenture, which is a denture which attaches to a couple of roots anchored in the jaw can be constructed.

For patients wanting to maintain some teeth while a denture is constructed an Immediate Denture can be constructed. Implants may be placed in the jaw to anchor a denture when a patient is unable to wear a denture successfully.

Dentures need to be checked regularly by the dentist because the mouth changes and the denture may not fit as well as it should and may require a reline. Unfortunately there are many "Myths about Dentures", many of these common misconceptions about dentures have prevented people from achieving their best health, appearance and self-confidence. Patients often have many questions about how dentures are made and how they should be worn. It is important for a person receiving a new denture to go through a period of adjustment.

# Over Denture



An Overdenture is a denture that uses precision dental attachments to hold the denture down. The overdenture attachment can be placed in tooth roots that have been saved, or placed into [dental implants](#) which have been placed to receive them.

## WHAT IS AN IMMEDIATE DENTURE?

An immediate denture is constructed before teeth are removed so that you will not be without any teeth. Constructing immediate dentures involves taking impressions (making copies) of your mouth before the teeth are removed. When your remaining teeth are removed the denture can be inserted immediately.

Because the denture is placed over the new extraction sites it will actually prevent swelling. The denture should not be removed for 24 hours and only by the dentist the day after you receive your new denture.

Post operative visits will be required to check the extraction sites and make required adjustments to the dentures.

Because the mouth will change after it heals, your dentures will need to be evaluated at 3 month intervals and will need to be relined to fit the changes that have occurred in your mouth.



## CHECKING DENTURES

You no longer have any problems with your teeth, because they were all removed many years ago. Your teeth are gone and you no longer feel a need to see a dentist. Your situation, does not eliminate the need for regular dental check ups. The mouth is constantly changing and poor fitting dentures can cause lose of the bone of the dental ridges.

Regular appointments with the dentist are still important if you wear dentures. Dentures that fit well function best. There are many health problems including, vitamin deficiencies, chronic long term illness, the effects of medications, diabetes and even high blood pressure can change the way dentures fit.

Poor fitting dentures can accelerate bone loss and seriously damage your mouth, causing sore spots, andd rapid destruction of the bone that supports your dentures. Chronic irritation can contribute to the formation of tumors.

It is still important to have a denture checkup at least once a year to insure that your dentures are properly adjusted and that your mouth is in good health. Most people require a denture reline every 3 to 5 years.

# Denture Relines

## What they are...What they do...How they are done

There are two different types of denture relines commonly available, hard relines and soft relines. Both types of relines can either be performed in office or chairside or by a dental laboratory; there are advantages and disadvantages to both methods. Since your mouth and the dental ridges change or shrink over time, a denture reline is necessary to keep your denture fitting well and to prevent your dental ridges from "dissolving" more rapidly.

### Hard Relines:

Some of the newer hard relines can be performed in office or chairside and still be considered long lasting. With an office reline the reline material is cured in the office at the time of the reline. Because of the nature of material used it is not considered as accurate and long lasting as a laboratory reline.

A Laboratory Reline is still considered the best type of reline available and the longest lasting. The plastic is processed and cured in the laboratory in the same way that the plastic of the original denture is cured. The biggest disadvantage of a Laboratory Reline will require that you are without your denture during the laboratory phase.

### Soft reline:

A soft reline can be performed either in office or chairside or in the lab. Neither is considered as long lasting as a hard reline. In the case of soft relines the laboratory reline is considered superior to a chairside reline.

### Reasons for a Denture Reline:

- Better fit, a relined denture "stays in better"
- A better fitting denture helps the dental ridges stay healthy
- Helps a denture last longer
- Helps with proper nutrition and health

# Myths About Dentures

## Fact or Fiction?

There are many common myths and misconceptions regarding dentures that are accepted as fact. As with any other myth it is important to set the matter straight. I do not know the source of these myths but believe it is important to set the record straight.

A properly fitting and well maintained denture will benefit people who's teeth can longer be saved or maintained.

### "Dentures last forever!"

Dentures are long lasting but like anything man made do wear out. They are made from plastic and dropping them can cause them to break. Depending on the individual the teeth wear out and the mouth changes.

### "Once you have dentures, you don't need to see a dentist anymore."

The mouth changes constantly. Dentures that become loose and do not fit as well as they should will require a reline. People with dentures can still develop oral cancer and should be examined regularly by a dentist. If your dentures become loose you may need to see the dentist for a reline.

### "Everyone can tell when you're wearing dentures."

Well fitting dentures made with meticulous care and attention to detail are difficult to recognize as dentures. They should provide a natural appearance and function well. You should be able to eat and speak normally. Dentures that fit well should not require adhesives to hold them in place.

# ADJUSTING TO YOUR NEW DENTURE

A new denture requires an adjustment period whether this is your first denture or just a new denture.

With a new denture there is a period of adjustment required. You need to learn how to eat, speak, and keep your lower denture in place. This will all take time.

It is recommended that you don't leave the dental office and plan on a steak dinner. Start with softer foods, taking small bites, and progress to foods that are more difficult to eat. It will also take time to learn to speak clearly with your new denture and also requires practice.

It is perfectly normal to have sore spots that will require adjustment by the dentist.

It is also important to clean your denture completely once per day to prevent infections and to keep your breath clean and fresh.

**As with any dental problem or if you have any additional question, call your dentist**

## DENTURES

Getting Your Smile Back

Dentures have been around for a very long time. Many people have heard the stories about George Washington's dentures. Today's, dentures are of better quality and are more comfortable than ever before.

Replacing missing teeth is important for maintaining good health and appearance. A full denture is a prosthetic appliance that replaces all the natural teeth. People who have no teeth usually show the effects of age more than people who have healthy natural teeth. A denture also has benefits with the way a person can eat and speak. A full denture supports the facial muscles and gives a natural appearance and smile.

A full or Complete Denture is a removable appliance that replaces all the natural teeth.

A Partial Denture is a removable appliance that fills the spaces that happen when teeth are lost.

A full denture can be immediate. The denture is constructed before the teeth are removed, the teeth are removed and the denture is immediately placed in the mouth. The advantage is that a person is never without teeth during the healing period. An immediate denture will always require a reline because the tissues of the mouth will change as healing occurs.

An overdenture uses roots if they have adequate bone, or implants that hold the denture in place in the mouth with the help of special attachments. This holds the denture firmly in place.

A good exam and x-rays are essential when constructing a denture. There are many steps and try-ins that are necessary for a denture to fit and function correctly and have a natural appearance. It is essential to record proper jaw relationships and make accurate copies of the mouth.

New dentures are seldom without problems. There is an adjustment period to learn how to chew and use them correctly. New Dentures will usually develop sore spots and the dentist will need to adjust the denture until it is comfortable. Like with anything new dentures will require a learning period. You will need to learn how to use the muscles of your mouth and tongue to hold the lower denture in place.

It is best not to leave the dental office and plan on a steak dinner. Start slowly with softer foods that are easier to chew. It may also take some time to learn how to speak correctly.

Because a denture is made out of plastic it can break if dropped. Your denture should be cleaned on a daily basis. In the case of a partial denture, it should be removed before brushing your teeth and cleaned before placing it back into your mouth. When the denture is not in your mouth it should be soaked so that it will not dry out and warp.

I usually recommend removing a denture at night to let the tissues of the mouth rest and breathe. Many of my patients do sleep with their teeth for "social" reasons.

Like anything else, a denture will wear out over time. Rebasing and relining a denture can extend its life. Eventually depending on various factors the teeth will wear out and the entire denture will need to be replaced.