

COMPLETE DENTURES



Complete dentures are indicated for people who have lost all their teeth due to trauma, decay, or congenital abnormalities. They are made of hard plastic teeth surrounded by acrylic resin. It takes a while to get used to new dentures. New dentures need to settle into place and allow the surrounding gum tissues to adapt to them. You will soon learn how to keep them in position and if they move or become loose, try a denture adhesive. Stress, medical problems, medications, or dry mouth can lengthen your adjustment time to the new dentures.

MAKING THE DENTURE

- Requires several visits (varies with the complexity of the case).
- The first and second visits, we take impressions of the gums. The third visit is needed to establish your bite and determine the position of the denture teeth and the tooth shade. The fourth visit is the wax denture trial and it is this visit that we're able to make last minute adjustments before the teeth are sealed in acrylic and ready to give to you. The fifth appointment is the denture delivery visit where the denture is finalized, polished, and then fitted for you: now the wearing process begins.
 - Sore spots will occur (some people are more prone to sore spots than others). Call for an adjustment appointment.
 - If you're getting a replacement denture, don't compare your "old" denture to the "new" one because they are custom made by hand each time, so they will be different.

COMMON AND POTENTIAL PROBLEMS:

- Many people hate wearing the lower denture because it will be very loose and make speaking and eating difficult. It's held in place using the cheek and tongue muscles unlike the top which is held in place by suction. Some

people don't wear the lower denture for this reason. If you're a candidate, mini dental implants can help stabilize the lower denture.

- Dentures will cause sore spots and can require many adjustments.
- It's difficult to chew and bite with dentures.
- Pastes or adhesives are usually needed to help secure the denture.
- The mouth will naturally undergo many changes after you get the denture. Adjustments and/or relines are usually necessary, and ultimately, you may need a new denture because your mouth will change in size and shape, but the denture will not. There will be additional fees for some of these procedures.
- There will be a "try-in" appointment (usually the fourth visit) at which time the teeth will be set in wax. You will be able to see how the teeth will look in your mouth. At that time, we will be able to make any necessary changes and they may lead to additional try-in appointments. After the denture is finished, however, it is much more difficult to make changes to the denture teeth.
- It's common to get food under and all around the denture during and after eating. Fixodent or another denture adhesive will help seal out the food.

GETTING USED TO YOUR DENTURE

- Chewing. Begin by eating soft foods, chewing slower than normal, and chew by moving your jaw up and down and not side-to-side until you get used to the denture. Avoid sticky foods until you get used to the denture.
- Speaking - go slowly. Practice by reading a book out loud in front of a mirror. Break up difficult words into syllables.
- DON'T bite the denture into place. Use your fingers to press it firmly into place. DON'T use your tongue to remove it, this will cause instability of the denture and create a bad habit.

CARING FOR YOUR DENTURE

- Place water in the sink prior to removing the dentures or cover the counter with a towel to protect the denture if it slip should slip through your fingers. This will protect it from landing on a hard basin/counter which will cause it to fracture.
- The denture needs to be brushed at least once a day using a soft bristle toothbrush and denture toothpaste. Avoid using regular toothpaste because the abrasive in the paste can scratch the acrylic in the denture. Cleaning tablets are a great alternative method for cleaning. Follow the directions on the cleaning tablet container. Plaque, bacteria, and yeast will stick to the denture like natural teeth. It MUST be routinely cleaned.

- Remove the denture for at least eight hours a day, most people will leave them out while sleeping. It gives your gums a chance to rest, relax, and "breathe".
- Always store your denture in water when not wearing it. This will prevent distortion from warping caused by gravity over time.
- Please don't adjust your denture yourself, call our office. We have special instruments and materials to make the necessary corrections. We do not charge for simple adjustments on dentures we've made for you or for adjustments we've previously charged.
- Food will most likely get under the denture when eating, simply clean it when your meal is over or use Fixodent adhesive to seal out the food.
- Brush your gums gently or rub a piece of gauze over your gums, this will help keep your mouth fresh and clean.

BONE COMPACTION AND CONDENSATION.

Most denture wearers, whether first timers or experienced users, will find after a new denture is made, the supporting bone will shrink over time. This may cause the denture to become loose. If you find your denture getting loose after a few months, don't worry, this is normal. Usually, an adhesive, like Fixodent, will solve the problem. If not, then a denture relines will be required. Give us a call if you think you need a relines. If so, there is a fee for permanent relines. Since mouth tissues (and our bodies in general) are constantly in a state of change, checkups every 6 months are still required. We need to screen you for oral cancer as well as other problems. Consider it a "dental physical". I cannot stress the importance of this appointment. Ill fitting dentures can cause irreversible damage to your gum tissue or bone.

IMMEDIATE DENTURES

The immediate denture is necessary when teeth are planned to be removed and the denture is to be placed in the same visit. You will never be without teeth. Once the denture is made, we are then ready to remove the necessary teeth.

You will actually leave the office with teeth (the denture) the day of your surgery. As healing takes place, the denture will loosen and become uncomfortable. You can use a denture adhesive, but use caution not to place it near the extraction sites until the gums are healed.

The mouth will undergo change for the rest of your life. That's why you will need to come in for checkups every 6 months; just as if they were natural teeth.

The immediate denture will most likely cause sore spots on the gums and will need to be adjusted from time to time.

After the extractions and giving you the denture, we need to schedule you for return visits the next day and in one week. This will help us check the extraction sites and allow us to check for denture sores, denture fit, and the bite.

If we've performed extractions on you, please note the following:

1. Biting on the denture will promote clotting. Slight bleeding can last up to 2 - 3 days.
2. Limit the diet to soft nurturing foods and plenty of fluids for the first week.
3. Leave the denture in the mouth the day of the extractions and overnight.
4. The morning after the extractions, carefully remove the denture and soak it in cool tap water or denture cleaner. Rinse with warm, salt water. Mix $\frac{1}{2}$ teaspoon of table salt in one cup of warm water. Stir until the salt is completely dissolved. Then transfer approximately $\frac{1}{4}$ cup of solution to your mouth and gently swish for 30 seconds, being sure to force the water over any areas that feel particularly tender. Then spit the water into the sink. Repeat until the entire cup is gone.
5. The evening after the extractions, start leaving the denture out at night.
6. It may take some time to get used to eating and speaking with the new denture.
7. It's best to begin eating by cutting the food up into small pieces. It helps to start with softer foods that are not sticky.
8. If there's a problem talking, it helps to read a book out loud in front of a mirror until the words flow more naturally. Sometimes, it just takes practice to learn to speak again.
9. As the tissues heal and shrink, the denture will become loose. If the denture feels like it's going to fall out after the use of adhesives, call for a reline appointment. Depending on the amount of shrinkage, a new denture may need to be made.
10. You may experience sore spots caused by the denture or if the bite doesn't feel correct, call us for an adjustment. It's important not to wait until the problem has gotten out of control.

11. You may notice an increase in saliva production for the first 72 hours. This is normal. After 72 hours, the saliva flow tapers off and returns to normal.

RECOMMENDED PRODUCTS

Fixodent Adhesive – Helps hold the denture in place and seals out food.

Sea Bond Adhesive Wafers – Helps hold the denture in place.

Polident Denture Cleansing Toothpaste – Cleans without scratching.

Polident Denture Cleanser – Loosens tartar and cleans without scratching

The satisfaction of these products is user dependent and there are many more on the market. If one product doesn't seem to suit you, try another until you find the one that works best for you.