

INFORMATION REGARDING DENTURES

Constructing a denture is a dental procedure a removable prosthesis is custom made for the mouth to replace one or more missing teeth. The intended benefits of the procedure include cosmetic and functional improvements for the mouth. Dentures can be made from different materials, including plastic (acrylic), chrome-cobalt and acrylic, flexible acrylic (Ex. Valplast). They differ in complexity of design, aesthetics and degree of comfort depending on the materials chosen.



WHAT WILL MY DENTURE FEEL LIKE?

New dentures can feel awkward or uncomfortable for a few weeks. Sometimes, especially lower dentures might feel loose until your neuromuscular control improves. You might initially experience increased saliva production and speech might be affected but that usually resolves over time. You might experience excess of gagging. Eating will take a little bit of practice and your ability to taste foods might be slightly diminished.

WILL MY DENTURES NEED TO BE REPLACED?

Over a period of time, dentures will have to be changed due to normal tear and wear in the denture or changes in the shape of the mouth. It is important to replace worn dentures before they cause problems. Please note if you have **IMMEDIATE DENTURES** (fitted straight after extractions) they might need to be relined or replaced in the near future, and such procedures which will incur additional cost. This may become necessary if the bone and gum shrink following extraction and dentures become loose. Having regular dental check ups and professional cleaning of your teeth and gums is vital for getting best result out of your dentures.

As with all medical procedures there are risks and potential complications which you must be aware of before you can give your consent to proceed.



Common risks and complications

- Dentures may rub on the gums and cause ulcers and gum/mucosal irritation
- Looseness/lack of retention, especially in immediate dentures due to gum shrinkage following extractions
- Some dentures put additional stress on remaining teeth, fillings or crowns resulting in additional work being required in the future.
- Dentures can break (due to chewing hard, foods, being dropped, gum shrinkage and uneven forces) or lost resulting in inconvenience whilst they are sent away being repaired or remade.

Rare risks and complications

- Allergic reaction to materials used during the procedure.

Dentures are not successful 100% of the time even if all parts of the procedure go as planned. Some people struggle with dentures even if they are technically excellent and may then wish to replace the missing teeth in a different way.

Alternative options

1. Replacing the teeth in a different way such as a bridge or implant.
2. No active treatment but this will result in the situation remaining as it is.

HOW TO TAKE CARE OF DENTURES

1. Like with natural teeth, dentures must be brushed twice a day with tap water and denture brush and liquid soap, please do not use tooth paste as teeth will become dull.
2. The best place to keep the denture is in the mouth. This will keep the jaws aligned and keep your airways open optimally.
3. Leave your denture in water or cleaning solution in a denture bath or recipient. Do not wrap them in paper towels as they tend to be thrown away. Be aware of leaving denture unattended, especially if you have small children or pets in your household as they mistake it for a toy.
4. Excellent oral hygiene for the rest of your mouth is very important. If this is not optimal then you increase your risk of decay and gum disease with remaining teeth, resulting in further tooth loss which might have impact on your denture retention/fit.