



Carnegie Dental Group

FITTING AND CARE OF DENTURES

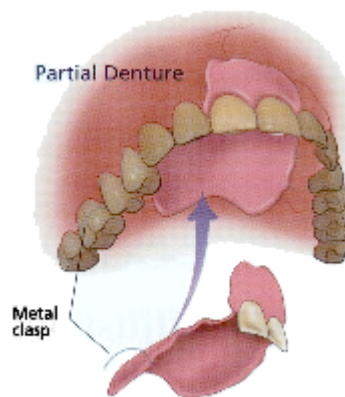


If you have extensive tooth loss a denture may be required to maintain normal chewing, biting (occlusion), speech and appearance.

There are many types of dentures available. Your dentist will recommend the appropriate denture for you depending on the extent of your tooth loss.

TYPES OF DENTURES

Partial dentures: A partial denture is made to fill the space left by few missing teeth. To hold the partial denture in position clasps are used to secure the denture to nearby natural teeth.

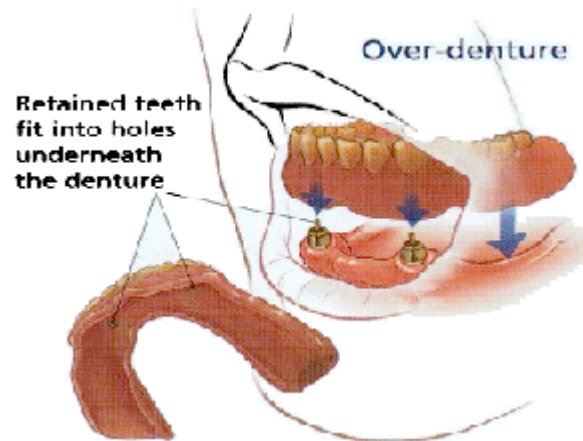


Full denture: A full denture is made when all the natural teeth are missing. It is fitted to replace the upper teeth, lower teeth or both.

Immediate denture: This can be any type of denture and is inserted at the same appointment as the teeth are extracted. This is so that the patient does not have to go with out teeth.



Over denture: This is a denture that is fitted over either implants or natural teeth that have been root canal treated and then fitted with attachments that connect to the denture to hold it in place.



Materials: Dentures can be made out of acrylic or chrome. Your dentist will discuss the best options for you.

MAKING OF DENTURES

Dentures are composed of artificial teeth bonded onto an acrylic or metal base.

Stage 1 IMPRESSIONS

The first stage in making a denture is to take impressions of your existing dentition. This is done by inserting a tray containing a soft rubber like material – this material will set in the mouth and when removed will show the exact position of your teeth and gums. The laboratory will then use this impression to construct the next stage in the denture making process.

Stage 2 BITE REGISTRATION AND SHADE SELECTION

This stage is a wax registration, which is moulded to fit your gums and any existing teeth. Wax rims are softened and inserted into your mouth. The doctor will then ask you to bite down firmly into your normal biting position. The wax rims will register your bite and enable the laboratory to put the artificial teeth in the correct place. At this stage a shade will be taken to determine the exact colour of the new teeth, which will be matched to your existing dentition.

Stage 3 TRY IN

The try-in is a denture constructed of wax and contains the teeth that will be used in your finished denture. It is constructed in wax so that it can be modified prior to completion.

If the try-in fits well and you and the doctor are happy with it then the denture will be processed and ready to insert at your next appointment.

Final Stage INSERTION

On insertion of the new denture the doctor may need to make some minor adjustments to the biting surface (occlusion) or to the inside of the denture if it rubs on your gums.

The denture will take some time to get used to and over the first few days or weeks you may experience;

- Sore gums
- The dentures may feel tight or uncomfortable
- The dentures may feel bulky
- Some people may experience gagging
- Increased amount of saliva
- Speech may be affected

All of these problems are temporary and can be relieved by your dentist. Although, it may take time and multiple appointments to get the dentures fitting comfortably.

IMMEDIATE DENTURES

If you require immediate dentures then you may also require your denture to be relined. Relining is done approximately 6 months after the dentures are made and is required because the shape of your face and bones will change after teeth are extracted. When your gums and bone have fully receded the denture will no longer fit perfectly. You must then return to your dentist where a rubber like impression material is placed inside the denture, and is inserted into your mouth where it will set. The impression sent to the laboratory where the inside of your denture will be recontoured to fit the new shape of your mouth. This process can usually be done in one day, which means you will be without your denture for only a few hours during the day.

The denture will then be like new again which means that you may require some adjustments to be made in order to fit comfortably.

CLEANING YOUR DENTURE

1/ Hold your denture over a basin filled with water (this will avoid breakage if dropped)

2/ Gently scrub the dentures with a toothbrush or special denture brush using warm water, mild soap or a denture cleaning agent.

3/ You must also clean your gum to remove any debris or bacteria. This can be done with a wet face washer, simply rub the gum tissue where the denture normally sits.

- Clean your dentures after each meal or at least twice a day.
- People with partial dentures should take extra care in cleaning their dentures as they risk losing more teeth if dentures and remaining teeth are not properly cleaned.
- Do not use cleaning agents or brushes that are too abrasive, as they will scratch your denture.
- Do not use hot or boiling water, as the dentures will warp.
- Do not use detergents, bleaches, methylated spirits or strong chemical of any kind.

You dentist will advise you as to whether you should sleep with your dentures in. If he/she suggests that you do not, then your dentures should be cleaned thoroughly and placed in either water or a special denture solution. Dentures should never be allowed to dry out as this can cause warpage.

Regular dental check up for denture wearers is important especially if you still have some remaining teeth. The dentures should be checked regularly to ensure they are fitting correctly. Sore gums, chips or breaks in the denture should also be attended to immediately. Over time your dentures will need to be remade due to normal wear.