



Affinity Dental Care
& Implant Centre

Guide to Dentures



Introduction to Dentures

Whether you have been wearing dentures for some time or are about to wear them for the first time, you probably have many questions, and this guide is here to help.

Dentures in one form or another have been around for many years. The earliest record of dentures was more than **2000** years ago. Today dentures are much better quality and more comfortable than ever.

Why bother with dentures?

Replacing lost or missing teeth has substantial benefits for both your health and appearance. A complete of full denture replaces the natural teeth and provides support for the cheeks and lips.

Without this support, sagging of the facial muscles can occur and make a person look older than they are, in addition to reducing their ability to eat or even speak properly.



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What is a denture?

A denture is an appliance which is worn to replace lost or missing teeth to enable you to enjoy a healthy diet and smile with confidence.

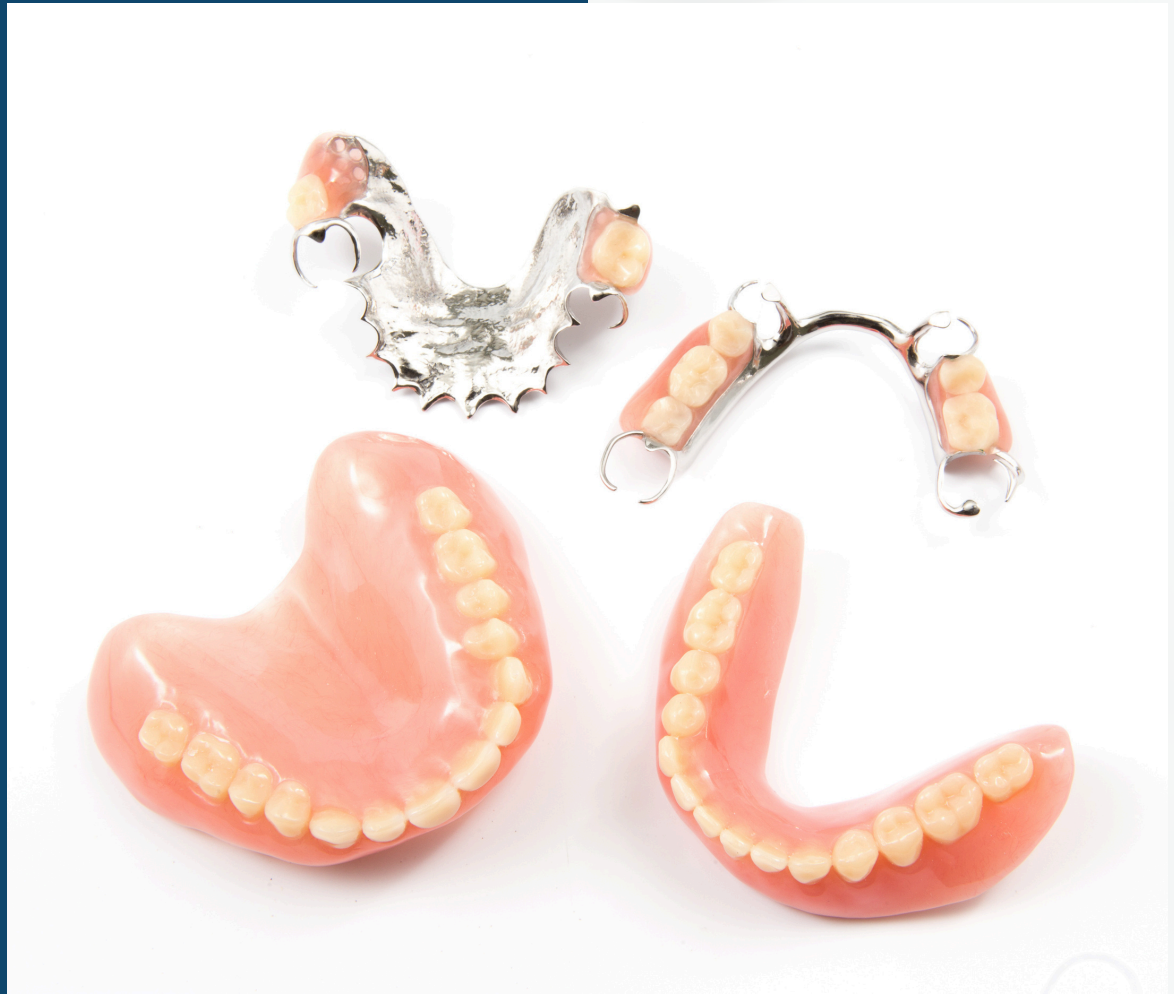
A complete or **full denture** is one that replaces all of the natural teeth in either the upper or lower jaws.

A **partial denture** fills in the spaces created by lost or missing teeth and is attached to your natural teeth with metal clasps or devices called precision attachments.

What is a denture made of?

The base of a denture is called a plate and can be made of either **acrylic** (plastic) or **metal**.

The teeth are normally made of **acrylic** and can be made to match your natural teeth. This is especially important in the case of partial dentures.



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Will dentures make me look different?

Dentures can be made to closely resemble your natural teeth so that little change in appearance will be noticeable.

Modern dentures may even improve the look of your smile and help fill out the appearance of your face.

Will dentures change how I speak?

Pronouncing certain words may require some practice. Reading out loud and repeating difficult words will help over time.

However, over time you will adjust and get used to it.

If you find that your dentures occasionally slip when you laugh, cough or smile, you can reposition the denture by gently biting down and swallowing.

That being said, if this continues, please consult your dentist.



Will I be able to eat with dentures?

Eating will take a bit of practice at first. Start with soft foods cut into small pieces and chew food slowly using both sides of your mouth at the same time to prevent the denture from moving.

As you become more used to your denture, you can begin to introduce new foods until you return to your normal healthy diet.





Will my sense of taste be affected by dentures?

This is quite a common worry, but the fact is that your teeth have nothing to do with your sense of taste.

Your taste buds are actually located in your **tongue** and will still be there, so eventually you will notice no difference as you adjust to your new dentures.

However, at first food may not taste the same, as your dentures will interfere with your taste buds while your mouth adjusts to the feel of the denture.

Your sense of ability to sense hot food and drink may also be affected, so for a while it is advised to avoid very hot food or drink to prevent causing any injury or burning.



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How long should I wear my dentures?

During the first few days, you may be advised to wear them for most of the time, including whilst you are asleep.

This will allow you to adjust to your new dentures and help them settle in.

After an initial period of adjustment your dentist may advise you to remove them before going to bed. This allows your gums to rest and helps promote oral health.

If you decide to keep them in overnight, it is important that you clean them thoroughly before you go to bed, just as you would with your natural teeth.



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What will dentures feel like?

New dentures may feel awkward or even uncomfortable for a few weeks until you become accustomed to them.

The dentures may feel loose while the muscles of your cheek and tongue learn to keep them in place. However, if this should continue, please consult your dentist.

It's not unusual to experience minor irritation or soreness during this period. You may also find that saliva flow temporarily increases.

As your mouth becomes accustomed to the dentures, these problems should diminish. If any problems persist, particularly irritation or soreness, be sure to consult your dentist as soon as possible and don't wait for your next check up.

Do not take your dentures out though, leave them in, that allows your dentist to be able to see where it is sore and resolve the problem quicker.



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What is the difference between conventional and immediate dentures?

Conventional dentures are made and inserted after teeth have been removed and the tissues have healed. Healing may take **several months**.

Immediate dentures are inserted immediately after teeth have been removed. To do this, the dentist takes measurements and impressions of your mouth during a preliminary visit.

An advantage of immediate dentures is that the wearer does not have to be without teeth during the healing period.

However, the bone and gums can shrink over time, especially during the first **six months** after the teeth have been removed. When gums shrink, immediate dentures may require relining or even replacing to fit properly.



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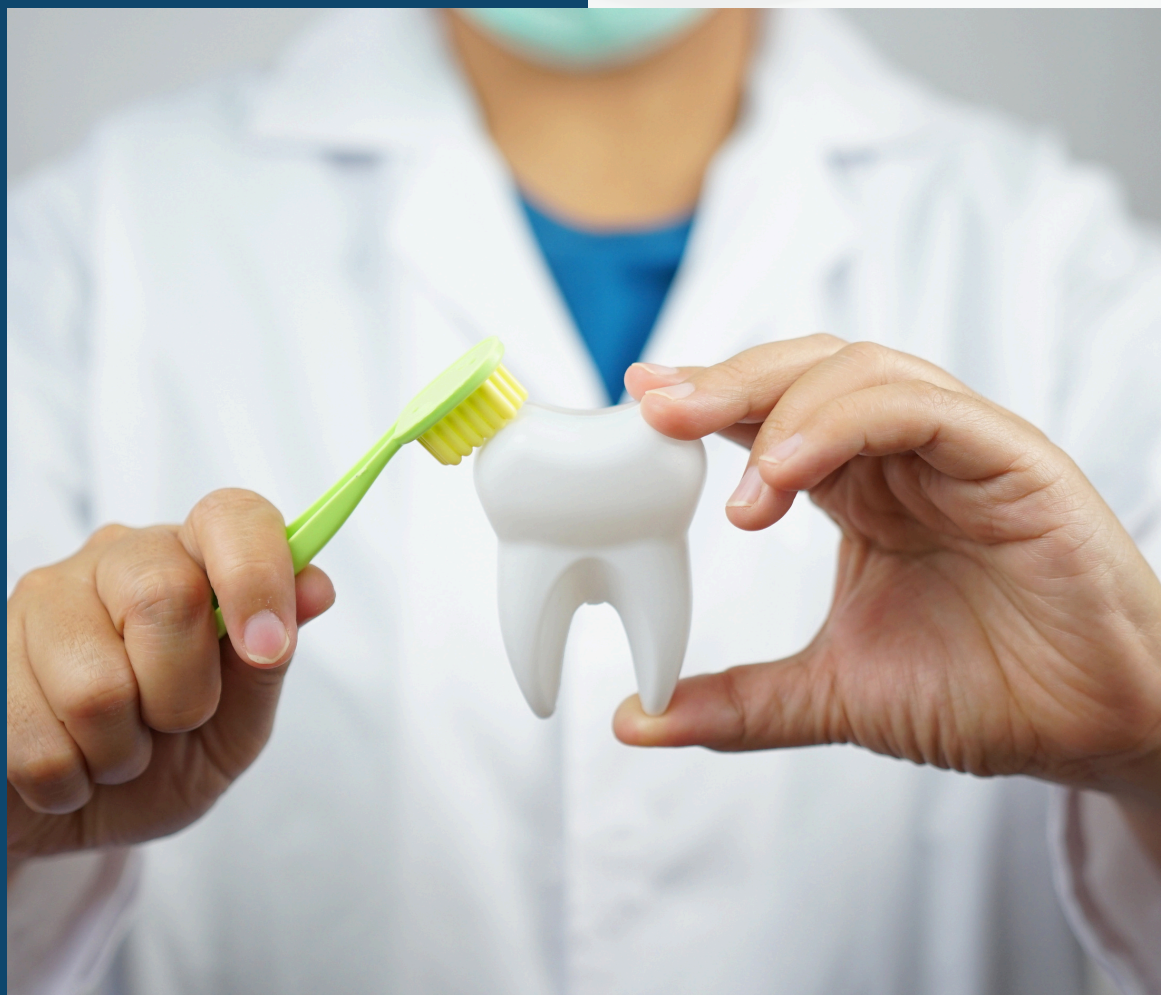
Must I do anything special to care for my mouth?

Even with full dentures, you still need to take care of your mouth.

Every morning and evening, brush your gums, tongue and palate (**roof of your mouth**) with a soft bristled toothbrush.

This helps remove plaque and stimulates circulation in the mouth.

It's vitally important that **partial denture** wearers brush their teeth thoroughly every day to prevent tooth decay and gum disease that can lead to further tooth loss.



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How do I take care of my dentures?

Dentures are very delicate and may break if dropped. When cleaning dentures it is recommended that you do so over a folded towel or sink of water.

When you are not wearing your dentures, they should be stored in a container containing enough water to cover them.

Like natural teeth, dentures must be brushed daily to remove food debris and plaque. Brushing prevents dentures from becoming stained and helps your mouth stay healthy.

There are special denture cleaning brushes available but a soft bristled toothbrush can also be used. Avoid using hard bristled brushes which can cause damage.

The use of an effervescent denture cleaner will help remove stubborn stains and leave your denture feeling fresher.



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Can dentures be re-polished?

Yes they can. After considerable use, dentures can become slightly dull and rough.

However, if you take them back to your dentist, they can be re-polished and restored to their original appearance.

Will my dentures need to be replaced?

Over a period of time dentures will need to be relined or re-made due to normal wear or a change in the shape of your mouth. Bone and gum ridges can recede or shrink causing jaws to align differently.

Loose dentures can cause health problems, including sores and infections, not to mention discomfort. A loose or ill-fitting denture can also make it more difficult to eat or speak.

It is important to replace worn or poorly fitting dentures before they cause problems.



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How often should I see my dentist if I have dentures?

Regular dental check ups and having your teeth professionally cleaned are vital for maintaining healthy teeth and gums.

Most dentists recommend that under normal circumstances this should be done every **6 months**.

Full denture wearers should however, consult with their dentist as to the frequency of their visits.

With regular professional care, a positive attitude and persistence, you can become one of the millions of people who wear their dentures with a smile.



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Meet Our Clinical Director & Principal Dentist

Dr. Peter Workman BDS - A Dedicated Dental Professional

Dr. Peter Workman is the Practice Owner and Clinical Director at Affinity Dental Care & Implant Centre. With a wealth of experience and expertise in the field of dentistry, he has placed thousands of dental implants, establishing himself as a leading figure in dental care.

Hailing from Scotland originally, Dr. Workman relocated to the area in 2000, bringing his talents and commitment to the local community. Over the years, he has pursued a myriad of advanced courses, showcasing his unwavering passion for the field of dentistry.

One of Dr. Workman's standout qualities is his delightful sense of humour, which not only refreshes the atmosphere but also creates a comforting environment for his patients. He takes great pleasure in getting to know and personally caring for each of his patients, building strong, lasting relationships in the process.

Dr. Workman's dedication to learning is evident in his commitment to ongoing professional development. He is ardent about expanding his knowledge and expertise and believes in sharing this wealth of information to enhance the collective skills of his dental team. In this spirit, he also serves as a mentor to fellow dentists, nurturing their growth and advancement in the field.



Outside of the dental realm, Dr. Workman leads a fulfilling life. He enjoys the thrill of skiing, cherishes quality time spent with family and friends, and finds joy in exploring the outdoors on two wheels. His adventurous spirit extends beyond the dental office, making him a well-rounded individual with a zest for life.

Dr. Peter Workman is the embodiment of a dedicated dentist who brings a touch of humour and warmth to his practice. His commitment to ongoing learning, patient care, and mentoring within the dental community has made him a respected and beloved figure in the profession.



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