

Information For New Patients

Consultations

We provide an appointment for a consultation at no charge for patients. This is a time when both the patient and Denturist get an opportunity to meet. The patients' individual needs and a course of treatment may be decided at this appointment. It is a good time for patients to ask questions. You may find writing them down useful.

Immediate Dentures/Near Immediate Dentures

Immediate dentures are dentures that are placed in the mouth at the time your natural teeth are removed. Near immediate dentures are placed in the mouth anytime up to 6 months after your teeth are removed. They are transitional dentures that take you through the healing time you will experience after extractions. This period of time is usually 6 months of shrinking and healing of the dental ridges (gums).

The main advantages of immediate dentures are:

1. They allow you to be fitted with dentures immediately upon extraction of your natural teeth.
2. The denture acts as a pressure bandage on the tissues of the mouth after the extraction surgery. It covers the extraction sites and protects the ridges.

The disadvantages of immediate dentures are:

1. There is no try-in of the denture teeth and there may not be enough space to place the artificial teeth in a pleasing manner. This means there will be no guarantee on the cosmetics of the immediate denture and any remakes based on cosmetics will be at the expense of the patient.
3. As the ridges (gums) shrink and heal, there will be a need to place soft liners and adjust the dentures to make the pt. comfortable.
4. Relines will be necessary at 6 to 8 months after extractions that are an additional expense not included in the denture fee.

The dentures will need to be relined with a soft temporary liner four to six weeks after the surgery in order to create a better fit to your shrinking ridges (gums). We will do these more than one time. Also you may need adjustments to the dentures themselves during this time. It is a routine part of immediate denture therapy and we expect to see you. When you are fully healed in 6 to 8 months after extractions, you will either need to reline the existing dentures or sometimes people decide to replace the immediate denture with new ones if they prefer a different appearance than the one had with the immediate dentures. Since it is not possible to have a trying in of the dentures before extractions, or to know how much someone will shrink during healing, sometimes the bite or appearance is not as satisfactory after the healing process has taken place and the person may decide to replace the dentures. This happens infrequently but such remakes will be at the patient's expense.

A Note About Alveoplasty:

Alveoplasty means that the bone of the ridges is shaved and contoured by the Oral Surgeon when they are doing extractions. Sometimes that is a radical removal of bone. Bone is vital for successful denture wearing. We try to have our patients wait at least 6 months after extractions so that we can see how much the patient will shrink all on their own BEFORE having a procedure like this done. For many people, alveoplasty is not a necessary procedure.

Aftercare

We would like to see you 24 to 72 hours after your extractions. Please leave your dentures in until you see us. You may take them out to clean them but you must reinsert them within 10 to 15 minutes or your mouth might swell up and you will be unable to reinsert them. We will check your mouth and adjust your dentures if needed at this first visit. We can make you more comfortable if we see you for this first visit. After this 'check immediate' appointment we will see you for multiple visits to place soft liners and perform adjustments to your dentures. There will be times when denture adhesive will be necessary as you shrink and heal over the 6 to 8 month post-op time.

Coesoft (Soft Temporary Liners)

Coesoft is a soft liner made for patients with soreness or other irregularities in their mouths. Immediate denture patients are good candidates for these liners as the liners help fill up the space inside a denture that results from healing and shrinking. They also provide a cushion much like an inner tube in a tire for the healing tissues of the mouth. It provides comfort to the extraction sites and makes the dentures fit for a time until more shrinking takes place. Then it would be time for another one. They usually stay soft and comfortable for months. It is a compounded dental plastic. Please clean your liners with cold water and wet cotton. A denture brush is usually too abrasive for these liners and can cause pieces of the liner to come off or peel out the liner completely. Do not soak the liners in denture cleaner as they do not react well to denture soaks. Clean the outside of your denture in the usual manner, with a denture cleaner and a denture brush that has been provided to you. Always store your denture in a denture bath when not wearing them.

Relines

With proper care, dentures should last between five and seven years. However, even with proper care, dentures will need to be relined. This is because the dental ridge (gums) tends to continue to shrink slightly for the rest of your life once you are without natural teeth. The resorption (shrinking) of the dental ridge is what causes the dentures to fit improperly. This improper fit may be undetectable to the denture wearer but left untreated, loose dentures may cause underlying bone loss to carry on even further. Most denture wearers should have their dentures relined every three to five years in order to assure a proper fit with the dental ridge. Of course, immediate dentures must be relined at 6 to 8 months post-op (after extractions) or they will not fit properly at all and that will cause more bone loss.

Replacement Dentures

A replacement set of dentures means that you have worn dentures previously; that your extractions were at least six months ago and your mouth is fully healed. We usually have a patient come in for four appointments – impressions, a bite registration, a try-in of the denture teeth before they are finished, and then the insertion of the finished teeth. It generally takes three to four weeks for full dentures, a little longer for partial dentures that require a metal framework. Normally you will get to see the various types of teeth available at the impression or bite appointment and decide with your provider which type you would like.

Adhesives (Glue)

There are times when adhesives will be necessary and can provide you with more comfort and function than you could get without it. While excessive amounts of adhesive may not be good for you, there is a time during the healing process from extractions when you will want to use some.

For some older patients, they have lost a great amount of bone in their mouths and adhesive may be the only real option they have for keeping their dentures in place to eat and smile unless they can afford implant retained dentures.

Relining a denture that is too big is still the best way to cut down or eliminate the need for adhesives.

When you use adhesive, you should always heat the entire tube in a sink of hot water first. NEVER put it in the microwave. That makes the adhesive thin and runny so you will need less of it and it will stick better. Start with three dabs inside the deepest part of the denture (where your gums are). If you need more, then you can use more.

To remove adhesive from the denture and your mouth, always use very cold water. Rinse your mouth vigorously with cold water, pull the denture out, and then use your denture brush under very cold, running water to peel the adhesive out of the denture. Use wet paper towels or gauze and very cold water inside your mouth to grab and remove the adhesive from your mouth.

DENTURE CARE AND LEARNING TO USE DENTURES

Your new dentures may feel bulky at first. This is normal and the feeling will go away with time. You will also experience increased saliva flow for the first couple of weeks. If your mouth feels irritated or sore, call for an adjustment appointment. Adjustments are a necessary and expected part of denture treatment. Most denture sores will not go away by themselves. We are here to help you anyway we can.

When you first learn to eat with your new dentures, it's best to start with soft foods. Cut your food into small pieces and chew slowly. You should try to move your food evenly to the left and right to balance the food between both sides as you eat. When all of the food is in a ball on one side, it will cause your dentures to flip on the other side. Chew on your back teeth. Front teeth are for smiling. The back teeth are for chewing. Biting a sandwich can be made easier by biting off to one side or the other. As you become more confident, try coarser foods. Usually steak and salad are the last foods you will eat comfortably as they seem to be the most difficult.

LEARNING TO USE DENTURES TAKES PRACTICE

At first you may have trouble pronouncing some words but don't get discouraged. Practice reading aloud to yourself and success should come quickly. Your speech was checked by the dentist when you had your 'try-in' appointment and any adjustment on your part should be minor.

Caring for the dentures requires brushing them 3 or 4 times a day to keep them clean of food. This will also help keep your gums and mouth clean and fresh. NEVER USE TOOTHPASTE ON A DENTURE. NEVER SOAK YOUR DENTURES IN BLEACH. NEVER PUT YOUR DENTURES IN BOILING WATER. NEVER USE NAIL POLISH REMOVER ON YOUR DENTURES.

If you break your denture, do not superglue it as it may ruin the ability of the dentist to properly repair it depending on the borders of the break.