

## Dentures (false teeth)

At Avondale house Dental Surgery we provide standard NHS dentures as well as more cosmetic private dentures, metal dentures, partial dentures and flexidentures.

To book an appointment with one of our dentists to discuss either NHS or Private dentures then please call us on 01889 582 080 or use our online booking service , this can be found on our website.

Introduction

**Dentures are removable false teeth made of acrylic (plastic), nylon or metal. They fit snugly over the gums to replace missing teeth and eliminate potential problems caused by gaps.**

Gaps left by missing teeth can cause problems with eating and speech, and teeth either side of the gap may grow into the space at an angle. Sometimes, all the teeth need to be removed and replaced.

You may therefore need either:

- **complete dentures** (a full set) – which replace all your upper or lower teeth, or
- **partial dentures** – which replace just one tooth or a few missing teeth

Dentures can help to prevent problems with eating and speech and, if you need complete dentures, they can also improve the appearance of your smile and give you confidence. At Avondale house Dental Surgery we can provide NHS and more cosmetic private dentures.

### **Complete dentures**

A full denture will be fitted if all your upper or lower teeth need to be removed or you're having an old complete denture replaced.

The denture may be fitted as soon as your teeth are removed, which means you won't be without teeth. The denture will fit snugly over your gums and jawbone.

However, if you have dentures fitted immediately after the removal of single or several teeth, the technician may have used his best judgement and experience to place the teeth this could be slightly different to your jaw after an extraction. Your gums and bone will alter in shape fairly quickly and the dentures will probably need relining or remaking after a few months. If the fit changes whilst the healing process is taking place and a reline or new dentures are needed the appropriate charges will apply.

Occasionally, your gums may need to be left to heal and alter in shape for several months before dentures can be fitted.

## **Partial dentures**

A partial denture is designed to fill in the gaps left by one or more missing teeth. It's a plastic, nylon or metal plate with a number of false teeth attached to it. It usually clips onto some of your natural teeth via metal clasps, which hold it securely in place in your mouth. It can easily be unclipped and removed.

Occasionally, the clips can be made of a tooth- or gum-coloured material, although this type of clip isn't always suitable, because it tends to be more brittle than metal.

One of our dentists at Avondale House Dental Surgery will be able to give you more information and advice about bridges and partial dentures, including which type of denture (metal or plastic) is best for you. They will also be able to discuss more cosmetic private dentures which may have a more realistic appearance and other private treatment options such as implants and bridges.

### **Looking after your dentures**

Dentures may feel a bit strange to begin with, but you'll soon get used to wearing them.

At first, you may need to wear your dentures all the time, including while sleeping. Your dentist will advise you on whether you should remove your dentures before you go to sleep.

It isn't always necessary to remove your dentures at night, but doing so can allow your gums to rest as you sleep. If you remove your dentures, they should be kept moist – for example, in water or a polythene bag with some dampened cotton wool in it, or in a suitable overnight denture-cleaning solution. This will stop the denture material from drying out and changing shape.

## **Dental hygiene**

Keeping your mouth clean is just as important when you wear dentures. You should brush your remaining teeth, gums and tongue every morning and evening with fluoride toothpaste to prevent tooth decay, gum disease and other dental problems.

## **Cleaning dentures**

It's important to regularly remove plaque and food deposits from your dentures, because unclean dentures can also lead to problems, such as bad breath, gum disease, tooth decay and oral thrush.

Clean your dentures as often as you would normal teeth (at least twice a day – every morning and night). You should:

- brush your dentures with toothpaste or soap and water before soaking them to remove food particles
- soak them in a fizzy solution of denture-cleaning tablets to remove stains and bacteria (follow the manufacturer's instructions)
- brush them again, as you would your normal teeth (but don't scrub them too hard)

Dentures may break if you drop them, so you should clean them over a bowl or sink filled with water, or something soft such as a folded towel.

## **Eating with dentures**

When you first start wearing dentures, you should eat soft foods cut into small pieces and chew slowly, using both sides of your mouth.

Avoid chewing gum and any food that's sticky, hard or has sharp edges.

You can gradually start to eat other types of food until you're back to your old diet. Never use toothpicks.

## **Denture adhesive**

If your dentures fit properly, you shouldn't necessarily need to use denture fixative (adhesive). However, if your jawbone has shrunk significantly, adhesive may be the only way to help retain your dentures. Your dentist will advise you if this is the case. Fixatives may give you that extra confidence on that special occasion.

At first, some people feel more confident with their dentures if they use adhesive. Follow the manufacturer's instructions and avoid using excessive amounts.

Adhesive can be removed from the denture by brushing with soap and water. Remnants of adhesive left in the mouth may need to be removed with some damp kitchen roll or a clean damp flannel.

### **When to see to us at Avondale house Dental Surgery**

You should continue to see us regularly if you have dentures (even if you have complete dentures) so we can check for any problems.

Your dentures should last several years if you take good care of them. However, your gums and jawbone will eventually shrink, which means the dentures may not fit as well as they used to and can become loose, or they may become worn. Bone and gum shrinkage rates can vary significantly between people and the greatest rate of change is often after an extraction this can affect the fit of your denture.

See us as soon as possible if:

- your dentures click when you're talking
- your dentures tend to slip, or you feel they no longer fit properly
- your dentures feel uncomfortable
- your dentures are visibly worn
- you have signs of gum disease or tooth decay, such as bleeding gums or bad breath
- you would like to have more cosmetic private dentures made

If poorly fitting or worn dentures aren't replaced, they can cause great discomfort and lead to mouth sores, infections or problems eating and speaking.

To book an appointment at Avondale house Dental Surgery as either an existing or new patient please give our reception team a call on **01889 582 080** or visit our website to book your appointment online.