



# Dentures

## Patient Information





## What are dentures?

Dentures or 'false teeth' as they are often called are removable prostheses that replace one or more missing teeth.

We always try to help you keep as many natural teeth as possible but even patients who have a good dental health routine may require a denture at some point in their life.

Dentures are made of either acrylic or metal (chrome) with acrylic. The type of denture you will require will depend on the number of teeth you are missing. The different types are as follows:

### Partial Dentures

If you have some of your own natural teeth, a partial denture can be worn to fill in the gaps left by missing teeth. A partial denture consists of an acrylic or metal plate with a number of false teeth attached. These generally attach to your natural teeth with metal clasps.



### Complete Dentures

A complete, or full denture as it is also known, fits over your gums and replaces all your upper and/or lower teeth. It will fit snugly over your gums and jawbone.



## Implant Retained Dentures

These are dentures that are securely held in place by a number of dental implants. They are usually made for the lower jaw as traditional dentures are more unstable on the lower jaw.



## Why should I replace missing teeth?

It is usually best to replace missing teeth for several reasons:

- A denture will maintain your smile and the shape of your face. Tooth loss can cause your face to take on a sunken cheeked appearance but dentures can reverse that by giving your cheeks shape and definition.
- They will help you to speak and chew food properly.
- They can prevent changes to your bite as teeth can move or tilt into the gap left by a missing tooth.

## What is involved in having dentures made?

Your dentist will talk to you about the different denture options and recommend the best type for you. Once you are happy to go ahead with a new denture there will be a series of appointments as follows:

### Appointment 1 - Impressions

Your first appointment will involve taking an impression (mould) of your mouth. This will be taken to our on-site dental technicians who will use it to make a plaster cast working model which will be used to construct your new denture. They will also make some special customised impression trays to obtain a more accurate and detailed impression at your next appointment.



### Appointment 2 - Bite

We will take a new impression of your teeth using the customised special trays. You will also be asked to bite into a wax bite block. This is to obtain a registration of how your teeth bite together to ensure your denture accommodates this. This appointment is also when a shade for the new teeth needs to be decided. We would generally recommend choosing a shade to match any existing teeth unless you prefer otherwise.



### Appointment 3 - Try

At this visit a trial version of your denture made from wax will be fitted so that you and your dentist can assess the fit, appearance, retention and comfort.

If you are having a cobalt chrome denture. The metal framework will now be completed and the teeth are attached to this with wax.

If you and your dentist are happy, the trial denture will be sent to the laboratory to be finished. If there are any changes to be made a re-try appointment will be made prior to your final fit appointment.



### Appointment 4/5 - Fit

This is the final appointment when your denture is fitted.

The process from start to finish can take between 3 and 6 weeks and will involve a minimum of 4 appointments a week apart. This is the same whether you are having a partial denture or a complete denture. Cobalt chrome dentures usually take a week longer between appointment 2 (bite) and appointment 3 (try in).



## How much do dentures cost?

All of the dentures we offer are handcrafted in our on-site dental Laboratory 'Arden Dentec'. The costs of a dentures vary and will depend upon the type of denture chosen and the materials and time involved.

We offer three options to suit different budgets: Bronze, Silver and Gold. The differences are explained below and your dentist will be happy to provide you with quotes for the different options. Examples of each are also available to view.

### Bronze / NHS Dentures

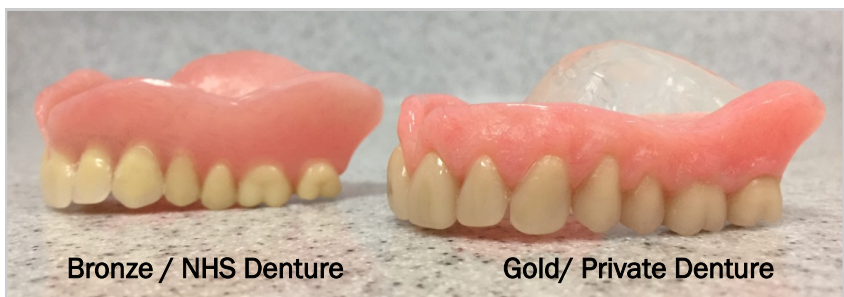
Dentures on the NHS fall into the Band 3 treatment price. Our dental laboratory make our NHS dentures to the highest possible quality inside the NHS budget provided. Your NHS denture will be fully functional with a high resistance to wear and tear. The pink acrylic used is veined to give it a more natural appearance. This type of denture will have a smooth gum appearance for ease of cleaning.

### Silver / Independent

For patients who require more than the basic denture our silver option dentures are a very good choice. The denture base is made from high impact acrylic giving a good degree of resistance to staining and wear and tear. The teeth used are of a high quality and provide lifelike properties. This denture will also have some customisation to include contouring and stippling of the gums to give a more natural appearance.

### Gold / Private

If you want the best possible denture then the Gold option is for you. It has enhanced natural appeal, high resistance to wear and tear and detailed customisation.



## Additional Bolt-ons Available

Our silver and gold denture options can be further customised by choosing some of the following additional bolt-ons:

### Clear Palate

This is a popular option. The benefit of having a clear palate is that your own natural tissue colour shows through so if for example you laugh with your head tilted back the denture isn't noticeable.



### Gum/Flange Staining

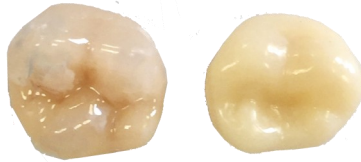
The acrylic gum part of dentures can be custom shaded to match your natural gum colour. Patients with high lip lines may choose to have shading as more of their denture will be on show. Oral tissue pigmentation also varies with ethnicity. We can stain the acrylic to match your natural gum shade so that you can be confident your dentures will look natural.





## Individual Tooth Staining

Individual permanent tooth staining is available on our gold option dentures. This is particularly suitable when placing denture teeth next to heavily stained or cracked natural teeth. The photo below shows an example. The tooth on the left has been stained.



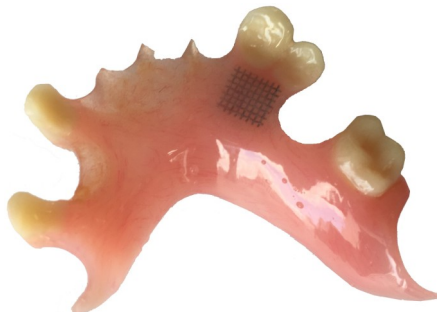
## Denture Naming

We can insert your name into your denture. This is particularly useful if you are hospitalised or in a nursing/residential home where dentures may get mixed up with others. Loss of dentures causes inconvenience and denture replacement takes time as well as the cost of a new denture. Denture naming is highly beneficial.



## Strengthening Wire/Mesh

Acrylic dentures can be strengthened, either when being repaired or when new dentures are being made and previous dentures have been prone to fracture. We use a metal wire or mesh which is encased in the acrylic to spread the force.



## Chromes

Chrome dentures are an alternative to acrylic dentures and are made of a combination of acrylic and a light alloy metal - cobalt chrome. This metal has been tested over many years to ensure it is biocompatible with your mouth.

The advantages of a cobalt chrome denture are that they are less bulky, are better for your oral hygiene, are lighter and yet stronger than acrylic dentures and are often more comfortable. They are however more expensive and will take longer to make. They are also not suitable for all cases. Your dentist will advise.



## NHS Chrome Dentures

These are constructed from Wironium, a very strong alloy. Wironium is nickel and beryllium free.

## Private Chrome Dentures

Constructed from Vitallium cobalt chrome which has unique physical properties in terms of strength and flexibility enabling the technician to design strong, aesthetic, versatile frameworks. Vitallium alloy is the premium cobalt-chrome partial denture alloy that maintains a high luster and will not tarnish or corrode. This alloy is also nickel and beryllium-free.

## Frequently Asked Questions:

### How long will my dentures last?

As long as you look after your dentures they should last several years. They may however need relining or to be remade if there are changes to the shape of your mouth. Bone and gums can shrink over time causing your dentures to loosen.

### Will I be able to eat with dentures?

It will take a bit of time to get used to eating with dentures. We recommend that you start with small pieces of soft food and avoid anything hard and sticky. As you become more skilled at using your dentures you will be able to try harder and tougher foods.

### How do I clean my dentures?

Just like with natural teeth dentures are susceptible to plaque and food trappage. It is therefore very important that you clean your dentures every day.

Dentures should be cleaned with a soft brush and a cleaning agent such as soap and water or a special denture paste. Clean all surfaces of the denture to eliminate any harmful bacteria. It is recommended that you clean your denture over a bowl of water or towel. This will help prevent breakage if you accidentally drop the denture. An ultrasonic denture cleaner can also be used. These devices have the ability to scrub the denture at microscopic levels. We therefore recommend using one of these as a supplement to your tooth brushing.

Advice is to remove your denture overnight to allow your gums to breath. When removing your denture please place it in a glass of water to prevent it drying out.

### Will dentures change how I speak?

You may initially have difficulty pronouncing certain words. Reading out loud and practicing the difficult words will help. Rest assured, that this is only temporary and should disappear as your muscles get used to the new appliance.

### I've only lost a few teeth. Do I really need a denture?

Yes. For several reasons. One being your appearance. Another is that a missing tooth puts strain on the teeth either side. These teeth can also start to lean in and then your whole bite is affected.

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