

When should I replace my denture?

Dentures normally last between three and five years. This is due to the amount your mouth changes in that time. Overtime shrinkage occurs in the gums that support the denture. This can cause the denture to no longer fit or function correctly and can cause discomfort.

Do I still need to attend regular check-ups despite having dentures?

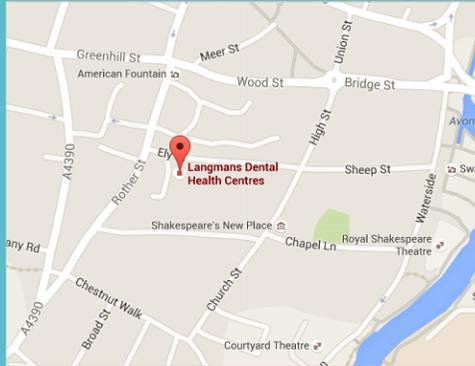
The short answer is YES! Whether you have full or partial dentures it's critically important to maintain your dental hygiene. Your dentures themselves can be subject to plaque build-up that requires professional cleaning. There's some evidence that people with dentures (especially poor-fitting ones) are more susceptible to oral cancer, which is all the more reason to see a dentist regularly. It also ensures that your dentures are regularly looked over for signs of damage or other issues. This allows your dentist to make prompt adjustments and repairs that will help maintain the functionality of your dentures for as long as possible.

Our dentures are crafted and constructed by our highly trained and dedicated on site technicians.

They use the latest techniques and technology to provide you with high quality, durable and aesthetically pleasing dentures.



How to Find Us



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Caring for your new
Dentures



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Adapting to Dentures

It can take a bit of time to get used to your new dentures. They may not feel as if they fit perfectly or they may feel slightly uncomfortable. This is perfectly normal. It will take your mouth time to adapt and the muscles will take time to get used to the new denture.

If you have worn dentures before, the mouth may take a little time to adjust to the slight differences between your previous denture and your new one. If you have not worn dentures before, the muscles have to learn to control the denture, this may take as long as several months and can affect your speech and eating habits.

Pronouncing certain words may require practice. However, most people will quickly adapt in only a few days. Eating, however, will take a little more practice. Start with soft foods and cut food into small pieces. Once you start to become accustomed to chewing, introduce more of your normal dieting habits. Take things slowly, as it will take time to adapt.

If you continue to have any sore areas, please contact us for an "Ease" appointment, where we can adjust your denture to make it more comfortable. It is important that you wear your new denture continuously before attending so that we can easily see areas where it is sore.



A guide to denture cleaning

Removable partial or full dentures require proper care to keep them clean, free from stains, looking their best and continuing to fit.

Like natural teeth, dentures accumulate plaque and food debris, particularly in areas where the denture is in contact with the remaining natural teeth and gums. Oral hygiene measures such as tooth brushing, still apply and dentures should be cleaned regularly.

If possible, dentures should be removed and cleaned after every meal. No matter how well it fits there is likely to be food trapped between your denture and soft tissue. Leaving debris on your denture for long periods can cause fungal growths such as oral thrush (Denture Stomatitis)

If you have been using a fixative on your denture, make sure this is completely removed and cleaned thoroughly before replacing it.

To clean your denture, you will require a soft toothbrush or special denture brush, along with soap and water, or special denture toothpaste. Once a week, after brushing, you can soak the denture in a denture cleaner which can help remove or loosen any remaining deposits. An ultrasonic cleaner can also be used as it can scrub your denture on a microscopic level.

You should remove your dentures overnight to allow your gums time to breathe. When you are not wearing the dentures, you MUST keep them moist.

Avoid using any of the following when cleaning your denture:

- Abrasive Cleaning materials
- Stiff bristled brushes (can damage the denture)
- Whitening Tooth Pastes (too abrasive)
- Products containing bleach (Bleach the denture)
- Hot Water (Can warp the denture making it ill-fitting)

Looking After Your Dentures



At the end of the day remove your dentures and clean using a soft brush with soap and water. This is best done over a bowl of water to reduce the risk of breakages. Make sure to remove any fixative.



Place the cleaned denture in a glass of water to soak overnight.
A denture cleansing tablet can be used once a week, according to manufacturer's instructions.



It is very important to leave dentures out overnight to give your gums a rest. Brush your remaining teeth and gums with a soft bristled toothbrush and toothpaste.



Before putting your denture back in your mouth rinse it under running water. This removes any germs or chemical residues.

FAQ's

What do I do if I break my denture?

Never attempt to repair or adjust your denture yourself. If your denture breaks, cracks, or chips give us a call and one of our on-site technicians will repair your denture as quickly as possible. Metal dentures are more complex so bending any part of the clasps or metal can weaken or break your denture completely. Off-the-shelf "denture repair kits" are also not advised as these could permanently damage your denture.

