

How long will the dentures last?

This varies considerably. If you have had teeth out prior to having the denture fitted, you may find that your gums shrink back, making the denture feel suddenly slack. Other people, who have had their teeth out for longer, may find that their dentures last many years, sometimes even decades. Generally speaking, if you are happy, then we are happy but it is important to get your gums checked over once a year, especially as you get older. We usually reckon each denture should last roughly four years, so long as your gums stay the same shape.

How were they made?


Your dentures have been made by a technician in a dental laboratory. You will remember that making your denture took several visits - this is to ensure measurements are correct and accurate.


Both acrylic and chrome dentures are made by the lost wax process. The denture is built up out of wax, until appearance and fit are satisfactory. At this stage, the whole wax denture is enveloped in a sort of reinforced plaster of Paris case. The wax is melted out and the liquid acrylic or molten metal is injected in. After it solidifies, it is then polished.


Designer names?


All acrylic dentures and many chrome dentures can have your name set in them for a small fee. If you would like to have your dentures named for identification purposes, please let your dentist know and they can arrange to set your name on your teeth.


Top tips for looking after your child's teeth :

 Brush them with a soft brush or toothbrush twice daily. You can use either soap (in which case, rinse them well before putting them back in), toothpaste, or one of the propriety brands of denture cleaner.

 Always give them a quick rinse after eating. This is especially important with partial dentures, as they can otherwise hold food debris against the tooth, which could lead to decay.

 Take your dentures out at night, to give your gums a chance to breathe. Don't let them dry out, otherwise they could warp. Put them in a glass of water overnight, or use one of the denture soaks.

 Dentures are quite valuable items and deserve to be looked after. When cleaning them, hold them over a basin of water, so that if you slip, the denture's fall is cushioned by the water. A fall onto a hard floor could break them. Although this may sound odd, if you have a dog, make sure it can't get at your denture when it's out of your mouth. Dogs love chewing dentures.

 Very hot water could cause your denture to warp and/or change colour. When putting them in a glass at night, don't use hot water out of the kettle to soak them. Warm is more than sufficient. Never use strong bleach to clean them.



accrington rd
dental centre of blackburn

New Dentures

a 128/130 Accrington Road, Blackburn BB1 2AE
t 01254 52165 f 01254 664518
w www.accringtonroaddental.co.uk
e reception@accringtonroaddental.co.uk

Welcome to your new dentures

Whether you are an experienced denture-wearer, or whether this is your first set, there are a few tips which will help ensure that you and your new denture(s) get used to each other fairly painlessly.



What sort of dentures are there?

There are two main sorts of dentures - acrylic dentures, which look like plastic and are carried by the gums and chrome dentures, which are made of cobalt chromium metal and are borne by the teeth, by clasps. There is some overlap - chrome dentures usually have some acrylic on them and acrylic dentures often have clasps.

Usually, chrome dentures are appropriate for people who have sound teeth in good condition, with only a few missing. Acrylic dentures are used where more teeth are missing (or all of them), or where looks and or costs are important (they are cheaper than chrome).

The other main way we classify dentures is whether they replace all the teeth (full dentures) or only some (partial dentures).

Getting used to them...

Your dentures are made to measure to your mouth - each one is unique. Because they all differ, it will take time to get used to them. Give them a few days to "bed in". If you find they are still rubbing a bit after a few days, please contact the surgery - you may need to have them eased. Having dentures eased is a final setting stage - don't be shy to come back.

Dentures, especially full ones, just balance in your mouth - they aren't attached in any way. What holds them is the action of your facial muscles. Because of this, some considerable practice and patience is needed in the early stages, to get used to them. Patients who have had a stroke or have facial palsy will need even more practice.

Everybody differs in their capacity to tolerate and use their dentures satisfactorily. Please let us know if you are experiencing difficulties.

Don't be too ambitious. Lots of people will tell you that they ate a massive T-bone steak the day they had their teeth out - don't believe them. Just eat gently at first, fairly soft food until you are used to them. Try to chew on both sides equally - sometimes putting a little mouthful on each side and trying to chew them both at the same time is effective.

You will often find that you salivate more with a new set of dentures. Don't be alarmed - this is quite normal and will subside fairly quickly.

In the first few days, you may notice that you are speaking differently and that things don't taste quite the same. We use our teeth, lips and palate in a complex manner when we speak and the difference between different dentures can affect this delicate balance. Again, practise makes perfect - talk at yourself in the mirror or have a chat to the plants, you'll soon get the hand of it. In the same way, a denture palate covers up some of the taste buds, so you might experience altered taste. Once more, this is only temporary.

Occasionally, you may find that you get mouth ulcers. This can be related to your denture, or it may be completely unrelated. If you find that you get mouth ulcers, rinse the site with hot salt water (a teaspoon of salt in a glass of hot water). If they don't clear up within a couple of days, come in and see us.

