



## Why dentures?

When you're missing some or all of your teeth, there are several methods for replacing them. Your CDA member dentist will discuss your options with you and help you decide the best plan for you. In the event you are missing all of your natural teeth, a complete removable denture is often the recommended way to replace them.

Replacing missing teeth benefits both your health and your appearance. It improves speaking and eating, improves your smile and, especially in the case of a complete denture, helps support your facial muscles, providing a more youthful appearance.

## Once I have my dentures, do I ever need to see my dentist again?

When you have been fitted with a new denture, there is a period of adjustment when it is especially important to visit your dentist so that he or she may make minor modifications until your denture fits comfortably. It is also important to visit your CDA member dentist periodically during the lifetime of your denture to ensure it continues to fit properly and adjustments are made as soon as they are needed. It is natural for the bone and tissue beneath the denture to change over time, so periodic adjustments will allow a continued good fit and protect the health of the underlying bone and tissue.

## How do I identify my denture?

There are sometimes unanticipated circumstances, such as a hospital stay, where denture identification is essential. It is important that your denture is properly labeled with your name or social security number. This identification should be embedded into the denture when it is initially fabricated. Look for this when your CDA member dentist delivers your denture to you.

## How do I care for my dentures?

Even though you no longer have natural teeth, you must still take good care of your mouth. Plaque will form on your denture and food can get trapped between the denture and your gum tissue. After each meal, remove your dentures and, using a soft toothbrush, brush your gums, your tongue, and all sides of the denture. Here are a few helpful hints about caring for your dentures:

- Dentures are fragile and can break if dropped. It is a good idea to clean your dentures over a sink filled with a few inches of water, or a folded towel laid over the counter top.
- Dentures may warp if they dry out. When your denture is not in your mouth, be sure to store it in a denture bath filled with denture cleaner or water.
- Denture adhesive may be used to assist the retention of your denture, but should not be used with a poorly fitting denture.
- Poorly fitting dentures should be relined or replaced.

Good denture care and periodic visits to your CDA member dentist will ensure that your tissue remains healthy and your denture fits properly . . . for a lifetime of good health!