

# Five Easy Steps to Your New Dentures

Teamwork and trust between you, your dentist, and the laboratory is critical in a successful outcome.

## Step One

During your first visit your dentist will examine your gum tissue, bone structure, and any existing teeth. It may also be necessary to take X-rays that will help the dentist determine if a partial or full denture is appropriate. In many cases tooth extractions will be necessary.

Next the dentist will take an impression of your mouth as well as measurements of your facial features using the Ivoclar Vivadent Smile Design Kit™. Your dentist will send the impression and measurements to the dental laboratory who will work closely with your dentist to create the perfect, most natural looking smile for you.

## Step Two

In certain situations it may be necessary to take a final functional impression. This impression captures the natural movements of your mouth and is used to create the contours and border of your new denture.

A bite registration is also taken during this appointment, which is used to determine the relationship between the upper and lower jaws. There are various methods used to obtain the bite and your dentist will determine which one is appropriate.

Tooth Selection will also be performed at this appointment based on the results of the jaw measurements, facial landmarks, and your specific preferences. Ivoclar Vivadent Removable offers tooth qualities based on Standard, Premium, or Master Class options.

This is all sent to the dental laboratory who will work closely with your dentist to create your new smile.

## Step Three

In some cases, where you needed extractions, an immediate denture is made – this will help minimize swelling and you will never be without teeth. Your dentist will help you insert your denture and then notify you of when your permanent smile will be ready.

If you did not get an immediate denture, then your teeth will be set in a wax base that will be inserted in your mouth. You now have the opportunity to see exactly how your new smile will look. You must decide if the color, size, and tooth arrangement meet with your approval. You may want to bring a significant other whose opinion you value for a second opinion.

Once you are satisfied and you have given the dentist your approval your new denture can be finished into the acrylic base.

Be sure all the details of your new smile have been addressed before giving your dentist the final approval. It is important to remember, although it may be necessary to make adjustments to the acrylic denture base to improve the fit and comfort of the denture, once the denture has been finished in the acrylic base it is not possible to make changes to the tooth position.

Now that you are happy with your new smile, your dentist will send the wax try-in to the lab to be finished using the Ivoclar Vivadent Removable Patented Injected Press Processing technique. This is the only patented press technique that can ensure a denture base with a precision fit, more comfort, and better function. It also creates a dense bubble free acrylic denture base that will resist staining and plaque and prevent embarrassing odors from bacteria growth years after delivery.

### Step Four

Delivery of your new smile: At the last step of the new smile process you and your dentist will review the fit of your new smile. Please keep in mind that as with anything new – a new smile takes time to get used to. In some cases slight adjustments are necessary to ensure you have the best fitting denture and the most natural smile.

If you had an immediate denture, you may need additional time for your mouth to heal and the swelling to subside before your final denture will fit properly. In certain situations it may be necessary to have your denture re-lined or to have a final denture made for a proper fit to be achieved.

### Step Five

You should be given a follow-up appointment after your delivery appointment since adjustments are usually required to address any sore spots that may occur as the denture settles into the soft tissue. At this time your dentist will do an oral exam and check the fit of your dentures and if necessary, adjustments will be made. This is also an opportunity for your denture to be professionally cleaned and polished at this time.

If you have pain or discomfort, call your dentist immediately. Do not try to make adjustments to your denture.

We suggest that you:

- Follow up after a period of six months and then once yearly for annual recall.
- Reline your dentures every 2 to 3 years.
- Replace your dentures every 5 to 8 years.

## Getting Used To Dentures

As with anything new, it is going to take some time to get used to it. The time it takes to get used to your new smile is different for everyone, but there are a few things you can do that will help you and your body adjust more quickly.

### Eating Tips

- Start by eating soft foods – eggs, mashed potatoes, chopped meat or fish.
- Avoid foods that can be sticky or hard to chew – chewing gum, gummy candy.
- Take small bites and chew slowly – and avoid biting with your front teeth. Keep chewing in the back of your mouth as you are adjusting.
- As you master these steps, begin to move on to harder-to-eat items and before you know it, you'll be enjoying everything you did before!

### Speech Tips

Practice speaking aloud – this is a great way to build confidence and work through sounds that may be difficult to say at first.

## Your denture has been specially fabricated for your mouth.

Your denture will retain its shape, while your mouth will undergo certain changes. As a result, you should have the fit of your denture checked by your dental professional periodically, for example, every 6 months. If you encounter discomfort, do not try to resolve the problem yourself, as you may damage your dentures as well as harm your teeth and gums. The use of adhesives makes the dentures difficult to clean. If adhesives are used on a regular basis, they may even cause damage. Use adhesives only according to the directions of your dental professional for a fixed period of time. Please consult your dental professional if you have any questions.

## Taking care of complete dentures

1. Rinse the denture and your mouth without the denture with water after every meal.
2. Clean the denture daily using a "soft denture brush" and warm water. The use of non-abrasive denture cream is suggested. Regular tooth pastes are not recommended because they may abrade and contribute to the loss of luster of the denture teeth and base.
3. Carefully brush the interdental spaces and the inner surfaces of the denture which come in contact with the mucous membrane, for about two minutes. In addition, clean the tongue and palate with a soft brush.
4. After brushing thoroughly, rinse the denture under running water.
5. Unless your dental professional has instructed you to do otherwise, you should not wear your denture overnight. This enables the tissue supporting the denture to recover.
6. You should keep your denture in water when you are not wearing it. Complete dentures may be immersed in a commercial denture cleaning solution.
7. Rinse the denture under running water before wearing it.

## Did You Know?

- You should not wear loose dentures. Loose dentures can cause excessive friction and pressure toward the gum tissues and bones, resulting in painful sore spots and bone shrinkage.
- Dentures can warp if placed in hot water.
- Dentures can change shape if they dry out. When not in use, cover dentures with water or a denture-cleaning solution to prevent them from drying out.
- Dentures should be brushed inside and outside daily with a soft, large nylon denture toothbrush with round-ended bristles. Use denture creams instead of toothpastes, which are too abrasive and will scratch your denture. Rinse with coldwater.
- Your mouth is constantly changing. Inspect your denture regularly for worn teeth. Be sure to visit your dental professional regularly as part of your recommended check up schedule.
- Some medications can affect denture fit and wearability so be sure to discuss this with your doctor and dental professional.
- Only your dental professional is qualified to diagnose your oral health and adjust your denture or partial.
- Most dental insurance policies will pay for a new denture every 5 years.
- Worn and stained dentures can make you look older and cause your dentures to function poorly.

# Signs You Need a New Denture or to Visit Your Dentist

It is important that you continue to see your dentist for follow-up visits after you've received your denture. Your dentist will check your mouth for sore spots and need to make small adjustments so you continue to be more and more comfortable with your new smile.

## Answer these questions

1. I am having difficulty chewing food?
2. I am having difficulty speaking?
3. I am always biting the side of my mouth or cheek?
4. My mouth and/or gums have become red or inflamed?
5. Continued discomfort wearing my dentures?
6. My dentures are cracked or chipped?
7. I have had my denture for over five years?

If you answered yes to any of these questions, it is time to make an appointment to visit your dentist. Normally, dentures will last somewhere between five and 10 years. However, it is important to visit with your dentist regularly to check the fit and function of your new Ivoclar Vivadent Removable smile.

## How long will dentures last?

Your dentures will not last indefinitely. The average life of a denture is about five to seven years. Natural teeth wear down and stain over the years and your dentures will too. The tissue in your mouth undergoes constant change, therefore your dentures will require adjusting and relining periodically in order to continue to fit correctly. This time will vary and depend upon such factors as individual tolerances, habits and the length of time you have had dentures. It is wise to see your dental professional at least once every year so that needed corrective measures may be taken and serious problems avoided. And be sure to see your dental professional at the first sign of irritation or frequent sore spots, no matter how minor you may feel it to be

## Can you brush your dentures with toothpaste?

No, toothpastes are designed to be used on teeth, and they often contain materials and chemicals that help whiten and strengthen teeth, but may harm dentures, which are made of a very durable plastic. Even though the plastic is strong, it is not as strong as the enamel of teeth and may be scratched by using toothpaste to clean your dentures. You should use a special denture brush to clean your dentures by hand every day. After rinsing them thoroughly, soak your dentures in water-based cleaning solution overnight. Do not use bleach on your dentures unless your dental professional gives you special instructions on using bleach.