



# Dentures

## Restoring Your Smile After Tooth Loss

### What Are Dentures?

Dentures are removable dental appliances designed to replace missing teeth and surrounding tissues. They help restore chewing, speech, facial appearance, and confidence after tooth loss.

Modern dentures are custom-made to fit each individual's mouth and are designed to look as natural and comfortable as possible.

Dentures may replace a few missing teeth or an entire arch of teeth.

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## Why Are Dentures Needed?

People may lose teeth for many reasons, including:

- Severe tooth decay
- Advanced gum disease
- Dental trauma
- Certain medical conditions
- Natural aging

Replacing missing teeth helps improve both oral function and quality of life.

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## Types of Dentures

### Complete Dentures

Complete dentures replace **all teeth** in the upper jaw, lower jaw, or both.

They rest directly on the gums and are custom-made for each patient.

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### Partial Dentures

Partial dentures replace **one or several missing teeth** while preserving the remaining natural teeth.

They are usually supported by both the gums and the remaining teeth.

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## Implant-Supported Dentures

Some dentures are attached to **dental implants** placed in the jawbone.

Compared with conventional dentures, implant-supported dentures often provide:

- Improved stability
- Better chewing ability
- Increased comfort
- Reduced movement during eating and speaking

Not every patient is a candidate for implant-supported treatment.

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## What Are Dentures Made Of?

Modern dentures are commonly made from:

- Acrylic resin
- Metal frameworks (for some partial dentures)
- Flexible materials in selected situations

Artificial teeth are designed to closely resemble natural teeth in shape and color.

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## How Are Dentures Made?

Creating dentures usually involves several appointments.

Your dentist may:

- Examine your mouth
- Take impressions or digital scans
- Record your bite
- Select tooth size and shade

- Try in a wax version before the final denture is completed
- Adjust the final fit

The process helps ensure the dentures fit comfortably and function properly.

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## What to Expect When You First Wear Dentures

New dentures often require an adjustment period.

It is common to experience:

- Increased saliva
- Mild soreness
- Difficulty speaking
- Difficulty chewing certain foods
- A feeling of fullness in the mouth

Most people gradually adapt over several weeks.

Your dentist may recommend adjustment appointments to improve comfort.

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## Eating with Dentures

When learning to eat with dentures:

- Start with soft foods.
- Cut food into small pieces.
- Chew slowly.
- Try chewing on both sides of your mouth at the same time.

As you become more comfortable, you can gradually return to a wider variety of foods.

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## Speaking with Dentures

Some words may feel different at first.

Reading aloud and practicing conversation often helps improve speech as your mouth adapts to the dentures.

Most people adjust successfully with time.

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## Caring for Dentures

Dentures should be cleaned every day.

Recommended care includes:

- Remove and rinse dentures after eating.
- Brush dentures daily using a denture brush and a cleaner designed for dentures.
- Remove dentures overnight unless your dentist recommends otherwise.
- Store dentures in water or a denture-soaking solution to prevent them from drying out.

Never use hot water, which may warp the denture.

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## Caring for Your Mouth

Even if you wear complete dentures, maintaining good oral hygiene remains important.

Continue to:

- Clean your gums.
- Brush your tongue.
- Clean the roof of your mouth.
- Visit your dentist regularly for examinations.

Routine dental visits allow your dentist to evaluate the fit of your dentures and examine your oral tissues.

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## How Long Do Dentures Last?

Dentures do not last forever.

Over time:

- The jawbone gradually changes shape.
- Dentures become loose.
- Teeth wear down.
- The appliance may require repair or replacement.

Many dentures require adjustment, relining, or replacement after several years.

Your dentist will recommend the appropriate schedule based on your individual needs.

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## Can You Sleep with Dentures?

Many dental professionals recommend removing dentures while sleeping.

This allows the gums to rest and helps reduce the risk of irritation and certain infections.

Follow your dentist's specific recommendations.

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## Common Myths

**"Dentures last forever."**

**False.**

Dentures usually require periodic adjustments, relining, or replacement because the mouth changes over time.

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**"Once I lose my teeth, I no longer need a dentist."**

**False.**

Regular dental examinations remain important to monitor oral health and check for conditions such as oral cancer, gum disease, and denture-related problems.

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**"Dentures should stay in 24 hours a day."**

**False.**

Unless otherwise instructed, removing dentures at night allows the oral tissues to recover and remain healthier.

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## Key Takeaways

- ✓ Dentures replace missing teeth and restore chewing, speech, and appearance.
  - ✓ Complete, partial, and implant-supported dentures are available.
  - ✓ Daily cleaning is essential for both dentures and your mouth.
  - ✓ Dentures require periodic adjustment as the mouth changes over time.
  - ✓ Regular dental visits remain important even if all natural teeth have been replaced.
  - ✓ Proper care helps improve comfort, function, and the lifespan of your dentures.
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## References

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