

# FAQ's

## **What are full dentures and how do they work?**

Complete dentures are full coverage oral prosthetic devices that replace a complete arch of missing teeth. They are supported by the surrounding soft and hard tissues of the oral cavity. Full dentures help restore the loss of function and aesthetics that occurs with missing teeth. Whether you are missing teeth for health reasons or because of gum disease or tooth decay, a full denture can help improve your quality of life.

## **How long will it take to make a complete denture?**

Generally, it takes five to six appointments over a period of a couple of months to complete the process from beginning to end. However, depending on your circumstances and needs, this may be reduced to just three appointments in a shorter timeframe. Our dental prosthetist will design a customised plan for you on your first free initial consultation that will be tailored to suit your needs.

## **How long will my dentures last?**

With proper care, dentures can last for many years. But they will eventually need to be replaced as your mouth changes shape with age. You may also need to get new dentures if you have any major dental work, such as tooth extractions or gum surgery. If your dentures start to feel uncomfortable or move significantly in your mouth, contact us as soon as possible.

## **Why should I have a denture?**

There are several benefits to both your health and appearance by replacing any lost or missing teeth. A full denture replaces the natural teeth and provides support for your cheeks and lips. Without this support you may find that your facial muscles start to sag, which can make you appear older. Missing or lost teeth may also inhibit your ability to eat and impede your speech.

## **What is the difference between full and partial dentures?**

Partial dentures are used when some of your natural teeth remain in place. They fit snugly around your remaining teeth, providing support and stability for the denture. Full dentures replace all your upper or lower teeth. They rest on your gums, with suction or a dental adhesive holding them in place.

## **What are the different types of partial dentures?**

Partial Dentures are often the best option for many patients that are missing one or more teeth. The cast metal partial denture is one of the more common types of partial denture and provides high-quality replacement teeth on a rigid frame. Fabricated using ultra-thin and light cobalt chromium alloy they offer greater strength and stability and are a good permanent solution that can last many years with proper care. Acrylic partials consist of the denture teeth attached to an acrylic base plate. They provide good stability and retention due to the denture fitting closely and tightly against the gums and natural teeth, and the use of wrought metal clasps (retainers) to grip the teeth.

Flexible partial dentures are dentures that are used for the temporary or permanent replacement of missing teeth. They are made of plastic, which gives them the flexibility to fit between your permanent teeth and still provide a solid and durable denture.

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## **What will dentures feel like?**

New dentures may feel awkward and even uncomfortable for a few weeks until you become accustomed to them. The dentures may feel loose while the muscles of your cheek and tongue learn to keep them in place. You may also notice an excessive amount of saliva being produced while your mouth adjusts. It is not unusual to experience minor irritation or soreness during this period. As your mouth becomes accustomed to the dentures, these problems should subside. If any problems persist, particularly irritation or soreness, The Denture Care Group Sunshine Coast is happy to see you as many times as necessary to make sure your dentures are fitting correctly and shave off any parts that may be causing irritation.

## **Will I be able to eat with dentures?**

Yes—but this may take some time, patience and practice. We recommend that you start slowly by cutting your food into small pieces, chewing slowly using both sides of your mouth and not eating anything too hard to begin with. As your confidence increases, you should be able to return to a normal diet, always bearing in mind to take care with hard foods, bones and extremely hot foods.

## **What is denture relining?**

Denture relining is a process of adding new material to the base of your dentures to improve the fit. This is usually done if your dentures start to feel loose or uncomfortable, or if your mouth changes shape. It's a less expensive alternative to getting new dentures, but it will need to be redone every few years.

## **My dentures are feeling loose what should I do?**

If your dentures are feeling loose, contact us as soon as possible. We can adjust the fit of your dentures or reline them if necessary. It's important to get a proper fit to avoid discomfort and prevent your dentures from moving or slipping. If your dentures do not fit properly, it may cause irritation in your mouth.

## **How often will I need to reline my dentures?**

Depending on your unique situation and the type of denture you have, you should anticipate to undergo a denture reline every year or two. Some indications that you may require a denture reline can include:

- Gum discomfort and sore spots in the mouth
- Dentures that are ill fitting and shift when you speak or eat
- Difficulties speaking or eating due to movement

If you are aware that you require relining, talk to the team at The Denture Care Group about same-day relining service.

## **What are some tips for maintaining my dentures?**

It's important to take good care of your dentures to prevent them from becoming damaged. Be sure to brush your dentures daily with a soft-bristled brush and nonabrasive toothpaste. Avoid using hot water on your dentures, as this can cause them to warp. Soak your dentures in a mild cleaning solution overnight and rinse them thoroughly before putting them back in your mouth. Be careful not to drop or bump your dentures, as this can break them.

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## **Can my denture be adjusted or repaired?**

If you crack or damage your denture, it is more than likely that we can repair it within one day (depending on the scope of damage). It is extremely important that you contact us immediately for any repair and that you do not under any circumstances attempt to make a repair yourself. You should never attempt to glue or reconstruct your denture.

## **How do I take care of my dentures?**

We recommend that you always clean your dentures over a towel or soft surface in case you drop them (to prevent breakage). Always brush the denture to remove any food debris, ensuring that you clean all surfaces, using our recommended denture cleaners to remove any stains and kill bacteria and brush the dentures again as you would your own teeth to leave the dentures entirely clean and fresh.

## **Will my dentures need to be replaced?**

Dentures generally should be relined every two years and replaced every eight to ten years. You should have your dentures checked every six months as part of your routine dental check-up and cleaning. It is also important to have your dentures checked if you experience any changes in the fit or function of your appliance. These can be signs that your dentures need to be relined, repaired or replaced.

## **What are denture implants?**

Denture implants are a type of dental prosthesis that uses titanium screws to secure your dentures in place. The implants are placed in your jawbone, and the dentures are then attached to them. This provides a more secure fit than traditional dentures and can help improve your eating and speaking ability. However, they are also more expensive.

## **Am I a good candidate for denture implants?**

You must be in good health, have healthy gums, and have enough jawbone to support the implant in order to be a candidate for a denture implant. The following variables may have an impact on your eligibility:

- Insufficient bone in the area
- If you have gum disease, you might require additional treatments to be eligible.

## **How long does it take to get implant dentures?**

Taking into account the first assessment, potential extractions, surgery, and casts the process of implant dentures can take up to a year. There are months of recovery in between, and you could have to go without teeth during that time.

## **How do I take care of implant-supported dentures?**

Implant-supported dentures need to be cleaned daily, just like real teeth do. To prevent infection and harm to the restoration, every surface needs to be properly brushed with soft bristles. Additionally, take it out at night to prevent dry mouth and fungus infections.

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## **Who needs a mouthguard?**

It's recommended by the Australian Dental Association for anybody participating in contact sport to wear a mouthguard. For example, if you play sports like rugby, AFL, hockey or boxing, a mouthguard is essential. With frequent collisions, ensuring your teeth are protected properly is often a requirement for participation. It's also recommended to wear a mouthguard for other sports like netball, soccer, and basketball, as although these are technically non-contact sports, they often result in accidental collisions that can cause significant dental problems for unprotected teeth.

## **How do mouthguards work?**

A custom-fitted mouthguard will absorb and spread the force of any impact. Unlike 'boil and bite' mouthguards which don't hold their shape well, a custom-fitted mouthguard is designed to fit your bite profile perfectly. This means they are not only more effective, but they last longer too.

## **How are custom mouthguards made?**

Our Dental Prosthetist and dental technicians will take an impression of your mouth and bite, which is then used to develop a plaster model. From this plaster mould, we'll then manufacture a mouthguard designed specifically for your mouth. As children grow it's important to ensure you have a new mouthguard made as new teeth come in.

## **Do I need a referral?**

You do not need a referral from your dentist to visit us at The Denture Care Group Sunshine Coast. We deal directly with the public and can help you from start to finish. If you are having teeth extracted by your dentist, we are also happy to work in with them to ensure that you experience a streamlined service from beginning to end.

## **How much do dentures cost?**

There is unfortunately not a simple answer; however, we offer a free initial consultation. During this appointment our prosthetist will assess your needs, offer any senior discounts, consider health fund rebates and discuss payment plans with you. Our initial consultation is also obligation-free.

## **Can I claim on my private health insurance?**

We are pleased to offer HICAPS which means that we can process your claim with your health insurance company on the spot. This means less out of pocket expense to you.

## **What is a denture?**

A denture is an appliance that is worn to replace your lost or missing teeth. The base of a denture is called a plate and can be made of acrylic (plastic), metal or flexible nylon. The teeth are most commonly made with acrylic and are made to match your natural teeth. You can have either a partial denture (fills in the spaces of any lost or missing teeth and is attached to your natural teeth with a clasp) or a full denture (replaces all of the teeth on either your lower or upper jaw).

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## **Do I have to wear my dentures all the time?**

During the first few days you may be advised to wear your dentures all day, every day, including while you are sleeping. After this time, you may be advised to remove them before going to bed to allow your gums to rest.

## **Will dentures impede my speech?**

Having a denture can take some getting used to, after all, there is a foreign object in your mouth. We recommend practicing your pronunciation of any problematic words out loud to help improve the quality of your speech. After a little bit of practice, your speech should return to normal.

## **Will dentures make me look different?**

You have total control when it comes to the appearance of your dentures. We can make your denture closely resemble your natural teeth so that little change in your appearance will be noticeable. The denture may even improve the look of your smile and help fill out the appearance of your face and profile. You are given the opportunity to see the finished denture and request any changes that you might like before it is set and cannot be changed. This is an important step in achieving total satisfaction with your new smile.

## **What are the benefits of having dentures?**

Dentures have many benefits, including improving your appearance and self-confidence. They can also help you eat and speak more easily. Additionally, dentures can help prevent your remaining teeth from shifting out of place.

## **What does the process of getting dentures look like?**

The process of getting dentures generally takes a few weeks. First, we will take impressions or dental moulds of your teeth. These will be used to create a model of your dentures. Then, you will come in for a fitting to make sure the dentures fit properly and are comfortable. Once the dentures are ready, we will attach them to your teeth with dental adhesive or screws.

## **How do you clean dentures?**

You should remove your dentures daily to clean them. Use a soft-bristled toothbrush and nonabrasive cleanser to brush your dentures, being careful not to damage them. You can also soak your dentures in a mild cleaning solution overnight. Be sure to rinse your dentures thoroughly before putting them back in your mouth.

## **Should my dentures hurt?**

After an initial adjustment period, if your dentures are causing you any pain or discomfort you should contact us as soon as possible for a free consultation. We may be able to relieve you of any sore spots and will check that the denture is fitting you correctly.

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## **What is the difference between conventional and immediate dentures?**

Conventional dentures are made and inserted after teeth have been removed and the tissue has healed (this healing process may take several months). Immediate dentures are inserted immediately after teeth have been removed which means that your dentist will need to take impressions of your mouth during your treatment. This process prevents you from having to be without teeth during the healing period. However, bone and gums can shrink over time, especially during the first six months after teeth have been removed. When gums shrink, immediate dentures may require relining or even replacing to fit properly.