

Smiles Better!

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Loose dentures can be a thing of the past!

Many people are missing all their teeth in their upper or lower jaw. Some struggle to keep their dentures secure and live with this constant annoyance because they don't think there is anything that can be done.

Dentures become loose over a period of time because the bone begins to recede away, this means your original denture no longer fits the mouth as well as it once did. Patients can get new dentures, or have their dentures relined, but problems can still persist due to the change in the shape of the bone. These people find they have ulcers and sores which make the dentures uncomfortable and sore when chewing food. Loose dentures can also create an aging appearance.

If you find that you are embarrassed about your loose dentures, you don't like going out to eat with family and friends, and you are fed up carrying a tube of denture adhesive 'just in case', then you need to speak to your dentist and ask about denture stabilisation.

Denture stabilisation uses dental implants to fix and secure dentures in place.

The procedure involves placing titanium screws (implants) into the jaw where they will fuse into the bone. The procedure typically takes about an hour, and can be done under local anesthesia. Your existing denture is modified to sit comfortably over the implants during the healing phase. Discomfort from the procedure

is usually minor. Your dentist can prescribe medication to alleviate pain and will suggest a soft diet during the initial healing phase.

After the implants have healed your denture is modified to snap onto the implants. The denture will be secure until you remove it for cleaning.

The benefits of denture stabilisation include:

- Restores chewing, allowing greater choice of foods
- Improves speech and confidence
- Increase comfort with less irritation
- Ends the cost and inconvenience of denture adhesives
- The procedure is less invasive than you may think
- They don't move around your mouth like your old dentures
- You will be able to eat and chew your food comfortably without embarrassment
- Your mouth will feel younger again

Patients find loose dentures embarrassing and are afraid to talk about it, but dentists are here to help. Every conversation we have is confidential, we want to help and improve your quality of life.

It's never too late to change your smile!

Nuala