



Norwalk Dental Arts, P.C.

Aesthetic  
Diagnostic  
Implants  
Preventive  
Restorative  
TMJ Therapy

**Prosthodontist**

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### **Information Regarding Complete Dentures**

Some people have many difficulties with their natural teeth and believe that having them extracted and getting dentures will solve all their problems. You may know someone with dentures that fit perfectly and who won't have to worry about their teeth again, but many people have lifelong problems with their dentures. The following information, concerning some of the challenges a person might face with the placement of dentures, may be helpful:

1. Some of the difficulties and problems associated with wearing dentures include: difficulties with speaking and eating; food under dentures; function; loose dentures; lack of retention; need for adhesives; feeling of fullness; and poor ridge relationship, as well as the probable need for future relines and remakes. Food texture never seems to be the same because there is a denture covering your palate. In addition hot foods and cold foods never seem to be the right temperature because the denture acts as an insulator for the mouth.
2. It is necessary for immediate dentures to be rebased or remade, usually within six months. This is due to shrinkage of gums, not problems with the way the dentures are made. The patient is responsible for paying for these procedures.
3. Regular dentures started within 6 – 8 weeks after tooth removal frequently require rebasing or remaking them before one year, due to continued bone resorption. This is especially true for patients with a history of periodontal (gum) disease or extensive ridge surgery. Shrinkage from bone loss is unpredictable and varies for individuals. The advantages of waiting 6 – 8 weeks are that the patient will have dentures to wear soon after tooth removal, relines, rebases and remakes are not always required, and there are frequently fewer post insertion adjustments compared to immediate dentures. These advantages allow for a lower fee than that charged for immediate dentures.
4. However, a healing time of six months is preferable after tooth extraction before denture fabrication is started. Past experience has shown that patients who have dentures made six months after extractions have a good chance of not needing a reline or rebase during

the first year of wearing their new dentures. Due to the unpredictability of continued bone resorption, there is no guarantee that a relin or rebase or remake of the conventional denture will not occur.

5. The average denture usually requires a laboratory rebase or complete remake at least once every 4 – 5 years, due to the functional wear of the teeth and/or continued bone resorption. This bone resorption will continue throughout the patient's lifetime, making subsequent denture fabrication more difficult, less satisfying, and less comfortable for the patient than their previous denture experience.
6. Due to the lack of varying rates of bone resorption and jaw alignment situations, there is no guarantee that a patient will successfully and comfortably wear even a well constructed denture.
7. Dentures should never be considered a replacement for teeth. They are a replacement for NO TEETH. Dentures are prosthetic appliances, not real teeth. They are made to imitate the function of teeth as closely as possible. However, most people with dentures end up with about 20% efficiency of what their natural teeth were.
8. One of the options a complete denture wearer has to help stabilize the denture and slow down the rate of bone resorption is the placement of dental implants under the denture. A minimum of two implants could be used as anchors for the denture to snap into. The placement of four implants means more stability and less bone loss under the dentures. If six or more implants can be placed equally spaced apart this would mean the end of wearing dentures altogether!!
9. Food for thought, pun intended.