



Patient FAQ's

I need dentures, what should I do?

The best course of action would be to seek out your dental prosthetist at Aspect Dental for a consultation. From there our specialists will be able to assess your case and give a treatment plan which is tailored to suit your needs, treatment plans are a step by step approach when creating your dentures to give you better piece of mind.

What kind of denture do I need?

It is hard to recommend a particular denture without assessing your situation first hand. As every case is tailored to suit each patient, its recommended to see your dental prosthetist at Aspect Dental for a consultation. If all teeth are missing you would generally receive a 'full' denture where the whole arch consists of artificial teeth, if some teeth are missing then you would require a 'partial' denture where those missing teeth are restored.

How do I care for my dentures?

The best way to care for your dentures is to regularly clean them and store them in a protective case when not in use to avoid any damage occurring. For more information on 'Denture do's and don'ts' and 'Denture hygiene' refer to our downloadable section on our website.

Can I sleep with my dentures in?

Yes you can, however it is not recommended as you can get infections such as denture stomatitis which is caused due to yeast and fungus in the mouth. It is best to take your dentures out at night to allow your skin to breath as it would be equivalent to always wearing socks and shoes. If you find it is hard to sleep without them, find a time during the day where you can have them out for a few hours to let your skin rest.





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Do you need dentures?

You don't NEED dentures, however it is highly recommended as having no denture can lead to further complications. If you are missing some teeth it can cause other teeth to drift out of place and this will result in your bite changing and bone resorption around the teeth. For those missing all teeth it will be very difficult to enjoy your favorite foods, making it hard to eat in general which will change your diet and nutrition received. By getting dentures you are helping your body in many ways while also restoring function, aesthetics and confidence.

What is a reline?

Depending on patient circumstances, a reline may be required every 3 years. Like anything, your mouth will begin to change. Some of these changes can come in the form of weight loss, bone loss, flabby tissue or poor saliva quality. These changes contribute to an ill-fitting denture resulting in your denture becoming loose. A reline allows your dental professional to recapture the fitting surface of your denture to provide better retention and stability. The great news is relines generally take 24 hours to do!

Should I use denture adhesive?

If you find that your denture is ill-fitting or has stability issues, then denture adhesive may help solve these issues. Despite these being a fix for a solution, it is not recommended to avoid relines or denture check-ups by using denture adhesive instead as this can lead to promoted bone loss due to ill-fitting dentures.

Do I brush dentures like normal teeth?

As dentures are made out of acrylic, they require different cleaning materials / techniques. Avoid using bleaching agents, hot water or abrasive materials. For more information refer to our 'Denture hygiene guide' on our website.





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How long does it take to get use to wearing dentures?

Every case is different due to individuality, however most cases require a few weeks for the body to adjust to the new dentures. As time passes you will begin to eat more difficult foods and your mouth will be accustomed to wearing it.

How long should I wear my denture for?

Dentures can be worn throughout your daily activities, however it is recommended to keep them clean between meals by rinsing the dentures carefully in a sink. Before bed be sure to take them out, clean them and then store them in a protective case until the morning. This will give time for your oral tissue to 'breathe'.

Will the denture change how I speak?

All dentures are tailored to the patient's mouth, during the fabrication stages patients will have the time to test out their speech before the dentures are processed. In some cases it can change your speech slightly, however as time passes you will naturally adapt to these changes.

Will my denture need adjusting?

Over time, adjustments on your denture may be necessary depending on what the problem is. As your mouth changes and you begin to have ill-fitting dentures or upon receiving new dentures, you may find some sore spots begin to appear, by adjusting the denture we can minimise or eliminate these sore spots from returning.

My denture broke, can I just super glue to back together?

NO. It is not advised to repair your dentures using glue, if the denture re-breaks while in your mouth it can potentially cut your mouth quite deep as the edges are very sharp. It is best to contact your dental prosthetist to repair them professionally.



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Should I take care of my mouth?

YES! Even with 'full' dentures it is important to take good care of your mouth. Every morning gently massage your gums, tongue and roof of your mouth to remove bacteria and stimulate your mouth for better circulation. Proper diet and nutrition also helps!

Will my dentures last forever?

NO. Unfortunately dentures do not last indefinitely. If properly taken care of some dentures can last many years with the aid of relines and regular check-ups. Depending on how you chew / bite they may require replacing after 5 years due to excessive wear.

Will my dentures make me look different?

When creating dentures, we mimic your natural dentition to give a realistic look. Little changes such as increased lip support can be noticeable however it is not the correct solution for those wanting to achieve similar results to lip filler as this will compromise the retention of your denture. It is recommended to tell your prosthetist of any concerns you may have before finalising your denture to ensure you are happy with the end results.

What is an immediate denture?

Immediate dentures are inserted immediately after a tooth has been removed, this can be either a 'full' or 'partial' denture. An advantage of having an immediate denture would be the aesthetic appearance, not having any missing teeth during the healing process. Unfortunately with immediate dentures they will require a reline shortly after the healing process is complete due to a change in your bones and gums, this results in an additional reline cost. Another disadvantage of a reline would be no try-in, this makes it difficult to see how you would look before the teeth are extracted and the denture placed in your mouth.



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How will it feel eating with dentures?

Dentures are no means a replacement of your natural dentition, there are limitations. After a few weeks of wearing your dentures you will start to adapt, making things such as chewing and biting an easier experience. It is recommended to eat soft foods for the first couple weeks, and avoid hard and sticky foods as well. By taking smaller bites, chewing slowly and eating softer foods, it gives time for your mouth to adapt to your new dentures.

What foods should I avoid?

Avoid very sticky foods or hard things such as gum, ice cubes, raw vegetables or fruit, steak bones, ribs, pizza crust, bagels as these can cause your dentures to move forward or tip which will break the seal causing the dentures to fall out. You may find your old dentures you could have eaten some of these objects, however it is advised to avoid them especially at the start as the new dentures will not be adapted to your mouth properly. Generally 12 months after having your new dentures is when you would start to introduce more difficult foods back into your diet.

Is it painful getting new dentures?

NO. The great thing about getting new dentures is there is no evasive procedures apart from tooth extractions before seeing your dental prosthetist. All 5 appointments ensure your dentures are made properly to avoid any pain with your new dentures. It is normal to get some minor sore spots (ulcers) with new dentures, these are removed one week after issuing the denture.



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Can I have dentures put in the same day I had my teeth removed?

YES! Those are known as immediate dentures, this is something you will need to plan with your dentist and dental prosthetist.

My new bottom denture seems loose, what should I do?

In most cases, the bottom denture is quite unstable compared to the upper denture. This can be due to many things such as the shape or size of your lower ridge, size of your tongue or flabby tissue on your ridge. By talking to your dental prosthetist you can plan to see a specialist for dental implants to help stabilise your lower denture, keeping it in place.

Is it possible to match the colour of my natural teeth?

YES! If it is a 'full' or 'partial' denture, shade taking will be done to ensure we get the correct shade for you. We can match the shade of your natural teeth or in the case of a 'full' denture we can choose a shade that you like to completely change your smile.

How can I remove adhesive from my denture after wearing them without pain?

If you are applying your denture adhesive correctly, there should be minimal adhesive to clean up. By using a piece of gauze and some water or a damp wash cloth, you should be able to wipe away any excess adhesive. When applying the adhesive you only want to put 3 pea sized dots, one at the front and one on either side at the back.

I have never had dentures, is it too late?

NO. It is never too late to have dentures, over the years you may have experienced bone loss due to eating with no dentures, however a new set of dentures can be made to improve not only your aesthetics, but also function.