

Ask The Dentists

Dear Dr. Winter, can you tell me about dentures? I was told I need all my teeth pulled and full plates and I am very nervous about this procedure. How do I know if it will make me gag if it covers the roof of my mouth? What about cosmetic dentures that you discuss? Do lower dentures always "pop-up"?

Answer: Cosmetic dentures are beautiful and have soft liners and tinted gums. I spend two hours setting the teeth with the patient chair side to insure the cosmetics are ideal. That being said, they are not the dentures we start with. We must make a set of immediate or "learning dentures" for the day the teeth are removed. Then in 4-6 months the definitive dentures can be started.

Lower dentures are in the shape of a horseshoe that go around the tongue! This means no suction is created due to the shape of the denture. The movement of the tongue and the muscles that are involved in biting, chewing, speaking and swallowing, all work to dislodge lower dentures. This is a reason why mini-implants and traditional implants are so prevalent for lower denture stabilization! It also explains why millions of dollars are spent on "Fixodent Denture Adhesive!"

Lastly, you asked if dentures were uncomfortable or painful to wear. The first year of tooth loss results in 30% bone loss in width and 4mm of bone loss in height. This results in nerves becoming exposed over time, loss of tissue and further loss of bone over the life of the prosthesis. This can result in pain and denture sores! To further complicate this issue people wear their dentures too long, which results in further bone loss and more pain over time. Dentures need to be relined or remade every 3-5 years!

From www.winterdental.com you can see mini-implants, snap-on-dentures and fixed bridges on implants that are much nicer alternatives to liv-



Drs. Richard and Bruce Winter

ing your life in dentures. In our practice we tell our patients that dentures are provisional or "temporary" prostheses until you can afford implants to retain your bone and improve your chewing!

Please call us at **414-464-9021** to schedule a comprehensive examination and x-ray visit or a complimentary consultation visit regarding dentures, implants or "fixed teeth" implant options. You can see photos and videos of our dentistry at www.winterdental.com where you can access our cosmetic, reconstructive and denture websites.

Sincerely,
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