

# Ask The Dentists

## Question:

Dear Dr. Winter, I got dentures on 10/9/09 and at first they fit really tight, but the back was hanging down so I took them in and the dentist grinded on them and they were better until I got home. They are so loose that I can't wear them in public. They pop out if I open my mouth to talk and the Fixodent is making me sick to my stomach. Can you help me?

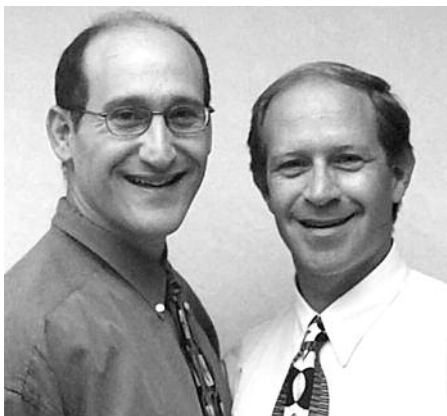
## Dear Paul,

I am so sorry for your problems! Having dentures is a very traumatic procedure for some people due to their gag reflex, poor retention of the denture and the adjustment to wearing so much plastic in their mouths for so much of the day.

First of all, you should see your dentist for adjustment of your denture as it probably is overextended. This can lead to gagging and easy dislodgement when the soft palate moves. Secondly, they can put a tissue conditioner in your denture to make it fit much tighter! This is a short term solution but can make your life easier for now. From there you should discuss mini-implants, traditional implants with a "snap-on-denture" or a fixed bridge on implants, called a "hybrid" or porcelain implant bridge.

You can see examples of all of these as well as videos of these procedures and patient testimonials at [WWW.WINTERDENTAL.COM](http://WWW.WINTERDENTAL.COM) We offer complimentary consultations for people that are having problems with their dentures or those that want to have "fixed" teeth.

You can read about our philosophy from articles Dr. Richard Winter has written on "Upgradeable Dentistry" on his website under publications! We offer interest free financing for up to two years and we will help you achieve your goals based on your personal, financial and social desires. You can even apply for financing under "prevent worse" on our websites.



*Drs. Richard and Bruce Winter*

Patients that contact us from this article and the internet receive a special consideration so be sure to mention this when you call us at 414-464-9021 to schedule either a complimentary Consultation or a Comprehensive examination and x-ray visit.

*Two more of Dr. Winter's articles will be published in November and December and you can read them at [www.winterdental.com](http://www.winterdental.com) or by visiting [www.dentistrytoday.com](http://www.dentistrytoday.com) and looking up Upgradeable Dentistry.*

Sincerely,  
Bruce Winter, D.D.S.  
Board MATC

Richard Winter, D.D.S., M.A.G.D., M.I.C.O.I.  
Board and Master  
Wisconsin Academy of General Dentistry  
Mastership in the International Congress of  
Oral Implantologists

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