

# Warpeha Prosthodontic Dental Clinic

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## We Recommend Annual Denture Check-ups

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Regular examinations by a dentist are critical to maintenance of total oral health as well as continued high functioning of the appliance.

Two things happen to change the fit of all dentures over time:

- **Your mouth changes** – the bone and soft tissues of the mouth will shrink becoming smaller due to gradual but continuing bone loss or resorption that occurs in response to pressure. The dentures become loose because they were fabricated originally to fit fuller alveolar ridges.
- **The denture wears** – All denture teeth will wear from chewing. Uneven tooth wear is accelerated as a denture starts shifting.

As a denture increasingly shifts on its soft tissue and jawbone foundation, it rubs and chafes the alveolar ridge. This causes irritation, soreness, and encourages bone loss. Excessive bone loss, the thinning of overlying gum tissue, and the need to prematurely replace dentures cannot be avoided unless the deteriorating fit is detected and corrected in a timely manner.

If these problems are found early during regular check-ups, they often can be remedied by redoing the plastic of a denture in order to allow it to fit closely against the alveolar ridge (relining or rebasing). In addition, worn teeth can be replaced or built up. Eventually a denture will need to be replaced, but a good fit lasts longer. The denture wearing experience is optimized if a person visits their dentist for periodic examinations.

### Other Check-Up Considerations

- Desirability of professional machine cleaning of the appliance – which can only be done in a dental office.
- Keeping the denture in good adjustment. Comprehensive check-ups help maintain a proper relationship between the jaws and thus continue a good appearance. With the jaws in a proper functional relationship, the face is supported and the appearance of premature aging is prevented.
- The temporo-mandibular joints remodel throughout life. This process is a functional response. If jaw function is altered because of unadjusted dentures or an improper bite, it is possible for the temporo-mandibular joints to remodel into a pathologic relationship. This could result in symptoms, including uncomfortable chewing, headache, and other head and neck pains.
- More important than finding denture problems is the early detection of oral cancer. When discovered in early stages, conservative treatment may avoid radical and sometimes devastating therapy. The

maintenance of healthy oral tissues is essential for optimum comfort, appearance and function of long-term denture wearers.