

What's next?

People lose 40 percent of bone in the first year after tooth extraction and an additional 10% or more per year for the next 5 years. Denture movement and friction contributes to further bone loss.

Dental implants stop the bone loss.

Mini-implants can be done to stabilize a lower denture if there is enough bone remaining. It is a simple procedure that will stabilize your lower denture in an hour or two so your dentures don't pop up or move when eating, chewing and speaking. In fact, we usually don't even need to make an incision to do this wonderful procedure. Please ask us if mini-implants are right for your situation.

Secondly, there are traditional implants with balls that can stabilize your denture. There are bar over dentures, where the denture can clip on to a bar, offering superior retention and stability when chewing while still allowing the denture to be removed for cleaning.

Fixed teeth:

Making an implant bridge can eliminate a lot of plastic in your mouth. Teeth are permanent and can be made with beautiful denture teeth or custom porcelain crowns. This is the Cadillac of treatment, allowing a person to have gum tissues and teeth fabricated by a master ceramist and giving people the highest quality restoration for replacing missing teeth. No matter what option you choose, it's important to consider your dentures as a step toward fixated dentures. Having quality of life means teeth that don't move, lift-up, pop-out or hurt. By utilizing any of our implant options we hope to sequence

your treatment to make it affordable and give you the same options we would give our own family members. Implants preserve bone, prevent movement and bone loss and allow people to chew food with the same force as they had with their natural teeth.

*It has been a pleasure to serve you!
We hope you will tell friends and family
about us. We will be honored to
serve them and treat them as part
of our dental family. If you want more
information on any of these topics,
please ask us or e-mail us at*

www.hamptondentalassociates.com.

or

www.wisconsinreconstructiveimplantdentist.com

*Yours for better dental health
and solid wonderful dentistry,*

*Richard Winter D.D.S.F.A.G.D.
and
Bruce Winter D.D.S.*

Hours:

Monday - Friday
8:30 a.m. - 5:30 p.m.

HAMPTON DENTAL ASSOCIATES, S.C.

Dr. Bruce Winter

Dr. Richard Winter



5323 W. Hampton Avenue
Milwaukee, Wisconsin
53218-5048

Office: (414) 464-9021
Fax: (414) 464-6576

***Family Dental Care
From Our Family That Cares!***

*"A job well done lives on long after the
price is forgotten. Quality lasts."
(Dr. Charles)*

CONGRATULATIONS ON YOUR NEW DENTURES!

*You have just received wonderful
standard or deluxe Turbyfill dentures.*

It is important to realize that receiving dentures is a process not an event. That means we plan on seeing you for follow-up visits to insure the customized fit and comfort you deserve. Usually a denture check appointment will be scheduled within a week to check your gums for sore areas, adjust your bite and answer any questions or concerns you may have.

What to expect:

You may feel as though you are producing extra saliva. This will diminish as you have had a chance to get used to your new teeth. Your speech may sound different. We recommend that you practice speaking out loud for 5 – 10 minutes every morning and evening to practice speaking clearly. Especially s's, th's and v's can sound a bit strange at first, so practice reading clearly and enunciating the words properly.

We may have changed your lip profile or your distance from your nose to your chin, called your vertical dimension. So adjusting to speech and eating may be slow but after a proper period, should feel wonderful.

Dentures should be taken out of your mouth for 6 – 8 hours per day. This can be done while sleeping if preferred. This practice is done to help prevent yeast infections in your gums. Yeast infections can occur at any time and can be difficult to get rid of as the yeast grows in the denture acrylic itself. So removal of these

dentures can help prevent it.

For patients that have soft liners we recommend a soak in white vinegar for 1 hour per week to further get rid of these potential yeast filaments.

Typical cleaning instructions:

Wash off your denture to get rid of food or debris. Brush your denture with toothpaste, denture cleaning toothpaste, baking soda mixed with water using your denture brush. Now soak your denture in warm water with an Efferdent or Polident tablet, until the water turns from blue to clear (usually 30 minutes). Then rinse your dentures and put them in regular water overnight. Leaving them in the bleaching tablets solution overnight can lead to bleaching of the denture base acrylic.

Adhesives:

We recommend the use of adhesives for a number of reasons. First, dentures have small pores in the acrylic. In upper dentures, we recommend a denture powder with a spray nozzle or atomizer type tip. Wet the denture, turn it upside down, and puff a light mist of adhesive powder in the upper denture til it looks evenly coated – like dusting chicken with flour before pan-frying. Re-wet the denture in scope or water and insert and hold tightly for 10 seconds to allow this powder to adhere to the roof of your mouth. This will help the oxygen leave the area under the denture and create a type of suction. We liken this to trying to remove a wet glass for a wet table top – the lack of oxygen creates a type of suction.

The lower denture has more obstacles to face than the upper! The tongue moves, the lower jaw moves, the muscles in the floor of your mouth lift up with speaking and swallowing, so

adhesive is needed to try and keep your lower in place! We recommend that the adhesive powder is lightly puffed into the lower, and then 4 -5 small dots of adhesive are evenly spaced in the lower denture. Then it is rinsed in scope or water and again held in place with your fingers for 10 seconds. Don't bite them in place, in case they are not fully seated in their proper orientation.

How often do I need to use adhesive?

Depending on the amount of bone you have to support your dentures, the amount of undercut around the bone, and the quality of your skin and soft tissues, you may need to apply adhesive 1 – 4 times per day. By experimenting with your adhesive you can find the right combination and application times for you and your personal situation. Adhesive amount and longevity can be affected by diet, chewing patterns, and amount of hot liquids consumed per day.

It is our patient's responsibility to come in yearly for oral cancer checks, bite checks and denture wear. The average denture lasts 3 -5 years. Then they should be relined, rebased or remade! Dentures don't change, but you do. Changes in your weight, facial changes, bone loss and aging can all result in your denture slipping or popping up more over time.

Denture tooth wear can result in your nose and chin getting closer together, inefficient chewing and eventual fracturing of your dentures, so it is important to have them checked yearly. There is a small fee for a professional denture cleaning and exam, oral cancer tour and evaluation of your bite but it is an important investment to keep your dentures in great shape.