



Denture / False Teeth FAQs

Some common questions asked by those wearing or considering wearing new dentures and **false teeth** are listed below to help you make the right choices. If you cannot find your questions or queries answered on this page about dentures or **false teeth**, please contact us for denture or **false teeth** advice.

» Is it necessary to replace missing teeth?

Leaving gaps between your natural teeth can affect your speech and your ability to eat and chew properly. Gaps between teeth can also make your smile look less attractive, which can affect your self confidence.

Replacing any missing teeth improves your smile, can make you look younger and more attractive and can also improve the variety of food you can eat. This can lead to an overall improvement in your health as you are able to have a more balanced diet.

» How soon can I have a denture fitted after my teeth are taken out?

Usually dentures can be fitted straight after your teeth have been removed, this type of denture is called an immediate denture.

With immediate dentures you don't have to be without teeth while your gums are healing. However, bone and gums can shrink over time, especially during the first six months after your teeth have been taken out. If your gums shrink, your immediate dentures may need relining, adjusting or even replacing. Sometimes it is advisable to wait until your gums are healed before having your dentures.

» Will I look different with dentures?

At Neem Dental Clinic we design your new dentures to be as natural looking as possible, so when you smile your new dentures will look like real teeth not **false teeth**. We use gender specific tooth shapes and colours that will compliment your gender, age and personality.

We will position your new denture teeth where your natural ones once existed, providing you with the correct lip and facial support. If you are having partial dentures, we will design these dentures to blend in with the rest of your natural teeth and facial features so your smile will look as natural as possible.



5 Northolt Road, Harrow, HA2 0LH

t: 020 84 23 25 23

www.neemdentalclinic.co.uk



» What are the different types of dentures?

There are two main groups of dentures: [complete or full dentures](#) and [partial dentures](#).

Complete or full dentures replace all of your natural teeth in either your upper or lower jaw.

Partial dentures are used to replace some of your teeth in either your upper or lower jaw.

There are a number of different types of dentures, including light alloy, [flexible and plastic dentures](#); you can discuss the different types of denture with us at Neem Dental Clinic, as some types may be more suitable for your individual needs than others. Immediate dentures are used to replace the teeth immediately after they have been lost or extracted; they are replaced once the permanent set of dentures has been manufactured and the gum tissue has healed.

» How long will it take to make me some new dentures?

The time it takes to provide you with your new natural looking dentures varies and depends upon a range of factors, including the complexity of your treatment and the type of dentures chosen. We provide a New Dentures in 1 – 2 weeks for those patients who require new natural looking dentures within a shorter time frame.

» How long will my dentures last?

It is impossible to give an exact length of time that dentures will last an individual and some individuals dentures may last a lot longer than other peoples. If you answer yes to any of the following questions, you may need new dentures:

- Have you started to use a denture adhesive or are your dentures loose for any reason?
- Are you are no longer happy with your smile?
- Do you feel that your dentures are no longer giving you facial support?
- Are your dentures making your mouth sore?
- Have had one or more denture repairs?
- Have your denture teeth and acrylic (plastic) become worn and stained?

» Will I be able to eat all of my favorite foods with new dentures?

Eating with new dentures is an acquired skill and takes time, patience, and practice to become comfortable and efficient. It may take anywhere from a few weeks to a few months to learn how best to eat with new dentures. Some foods may be more difficult to eat, such as corn on the cob or apples, and require caution when eating.



5 Northolt Road, Harrow, HA2 0LH

t: 020 84 23 25 23

www.neemdentalclinic.co.uk



It will also take longer to finish a meal when dentures are new. By choosing easy-to-chew foods at first, it will help gradually strengthen muscles and prepare them for more difficult and tougher foods later on

» What's the best way to clean my dentures?

Cleaning your dentures every day is important for good oral hygiene. If you don't, plaque and bacteria can form on them leading to oral health problems. We recommend cleaning dentures thoroughly twice a day and after eating when necessary. At Neem Dental Clinic, we recommend the following procedures are followed:

- The general rule to cleaning your dentures is: brush, soak, brush.
- Your dentures are breakable, so always clean your dentures over a bowl of water or a folded towel in case you drop them.
- Brush your dentures thoroughly before soaking, to remove loose food particles. Use cool or warm water. But never use hot water – it can warp your dentures.
- Soak your dentures in a denture cleaner, if required. Always follow the manufacturer's instructions for use.
- Apply a denture cleaning paste to a moistened denture brush or a soft-bristled toothbrush. However, never use conventional toothpaste as this can permanently damage your dentures. Brush all surfaces thoroughly. Avoid using brushes with stiff bristles, as these bristles can damage the denture material.
- Brush your gums, tongue and the roof of your mouth with a soft-bristled regular toothbrush to remove plaque and stimulate circulation. Rinse your dentures, then reinsert them.
- At Neem Dental Clinic we recommend you leave your dentures out at night, as this allows your gums to rest. Whilst you sleep at night, soak your dentures in a cleanser or water. If you use a denture cleanser, please follow the manufacturer's instructions for use. However, if you feel more comfortable sleeping with your dentures in, please clean your dentures thoroughly before retiring to bed.
- Please remember that if you use any kind of denture adhesive this needs to be removed daily.
- DO NOT use very hot water or any type of bleaching product to clean your dentures.



5 Northolt Road, Harrow, HA2 0LH

t: 020 84 23 25 23

www.neemdentalclinic.co.uk



- If you notice a build up of stains or scales, then we can clean your dentures professionally for you at Neem Dental Clinic.

» Will new dentures affect my speech?

When adjusting to new dentures, some patients find their speech can alter slightly (especially pronouncing “s” and “f” sounds), whilst getting used to the new shape of their dentures (**false teeth**); this is only a short term inconvenience.

We recommend reading aloud and to practice counting the numbers 65 up to 70 as these sounds can be the hardest to get used to.

It is also usual for denture wearers to produce more saliva, which can also affect speech, when getting used to a new set of dentures. This inconvenience is again short term, which will be resolved once your mouth becomes accustomed to the new dentures. We recommend swallowing more regularly and sipping water more often. Or alternatively, try sucking on a boiled sweet or mint.

» Should I wear my dentures at night?

Generally it is considered best to remove dentures at night; this is to give your gums a chance to rest. It is especially ideal to leave your dentures out at night if you grind your teeth, as this causes more pressure against your gums. However, some patients are embarrassed about removing their dentures in front of their partner and therefore prefer to wear their dentures at night. If this is the case then we would recommend two things:

- Firstly, please make sure you clean your dentures thoroughly before you go to sleep and when you wake up.
- Secondly, we would recommend that you remove your dentures for some period of the day if you can't leave them out at night. At least once a day you should remove your teeth and brush your mouth and gums with a very soft toothbrush. This stimulates circulation and maintains healthy tissue.

If you do remove your dentures at night, please remember to store them in a small amount of cold water to stop them from drying out and warping. Please do not place your dentures in hot water, as this will damage them.

» How should I look after my dentures?

At Neem Dental Clinic, we only ever use a high impact denture acrylic (plastic), which means the dentures we make are less likely to break when they are dropped. However, no denture can be guaranteed against breakages. We therefore recommend you follow some simple steps to



5 Northolt Road, Harrow, HA2 0LH

t: 020 84 23 25 23

www.neemdentalclinic.co.uk



reduce the likelihood of damage occurring to your dentures. Dentures should be looked after carefully.

- Your dentures (**false teeth**) are breakable, so always clean your dentures over a bowl of water or a folded towel in case you drop them.
- It is extremely important that your dentures are kept moist and are not allowed to dry out, this is to prevent them distorting. However, if your dentures become dry please soak them in a glass of clean fresh water before wearing your dentures again.
- Some patients prefer not to wear their dentures at night. In this instance, please place your dentures carefully into clean fresh water or into your preferred denture soak. If you use a denture cleanser overnight, please follow the manufacturer's instructions for use.
- Dentures should be rinsed and cleaned on a regular basis.

» Will my new dentures be comfortable?

Initially, dentures may take a little getting used to. At Neem Dental Clinic we design your new dentures to fit you as precisely and as comfortable as possible and there are various materials we can use when making your new dentures to try and make them as comfortable as possible for you.

However, whilst your mouth and gums adjust to these new dentures, it is possible that sore spots or ulcers may develop during the first few days of wear. This can be relieved by slight adjustments to the denture surface. It is NEVER advisable to try and adjust dentures yourself. If you are experiencing sore spots contact us and we will arrange for an appointment to adjust your dentures (**false teeth**).

» Will my new dentures look like natural teeth?

Yes, we can you make you natural looking dentures that will not just replace the natural teeth you have lost, but they will look so natural they'll look part of you.

» Contact Us – False Teeth FAQs

We have tried to answer some common questions asked by those wearing or considering wearing new dentures and **false teeth** to help you make the right choices. If you cannot find your questions or queries answered on this page about dentures or **false teeth**, please contact us for denture or **false teeth** advice.



5 Northolt Road, Harrow, HA2 0LH

t: 020 84 23 25 23

www.neemdentalclinic.co.uk