



# Replacing Missing Teeth With Dentures

Your teeth play a vital role every day. Missing a tooth can impact your ability to eat, speak, smile and more.

Fortunately, if you are one of the 178 million Americans missing at least one tooth,<sup>1</sup> dentures can be a viable option. Here's what you should know when considering dentures:

①

Dentures are replacements for missing teeth. They can be taken out and put back into your mouth.

②

It may take some time to get used to them, but today's modern dentures are comfortable and natural looking.

③

Dentures help keep natural teeth properly aligned so they don't shift to fill in the gaps.

## Denture Options

**Full or complete dentures** are usually recommended when all natural teeth are missing. Dentures can improve the overall appearance of the jaw, especially if full dentures are needed.

**Overdentures** are a variation on full dentures and use the roots of remaining teeth or dental implants as anchors. Preserving those roots helps prevent loss of the bone that supports the dentures. This type of denture also provides a more natural chewing sensation than traditional complete dentures.

**Fixed partial dentures** (bridges) are recommended when only a few teeth are missing and the teeth and gums on either side of the missing space(s) can support dentures. Crowns are made for the teeth on either side of the space with connecting tooth forms filling in the missing teeth. The whole assembly is cemented into place.

**Removable partial dentures** are recommended if several teeth in a row need replacement or if the remaining teeth can't support a fixed bridge. Partials are usually attached to adjacent teeth by clasps that hook around the outside of the teeth. It's all nearly invisible when the prosthesis is in place.

## Oral Health Tips for Dentures



All types of removable dentures require care and should be removed daily for cleaning with a brush and cleaner specifically designed for dentures.



If a denture breaks, cracks, chips or if one of the teeth gets loose, the dentist can often fix or make the necessary adjustment the same day.



Routine dental visits can help the dentist treat oral health issues, including making sure dentures are fitting properly.

Another option for missing teeth is dental implants, which can last more than 25 years with proper care. A dental implant is an artificial tooth that is surgically attached to the jawbone and gum tissue. Implants can then be used as an anchor for removable full dentures or as artificial replacements for individual teeth. While implants are more costly than dentures, they last longer and help better preserve the structure of neighboring teeth.

If you need a tooth replaced, ask your dentist if you are a good candidate for dentures or implants. Your dentist can provide you the best possible treatment options based on your oral health and history.

**For more information visit**

**[www.deltadentalnm.com/Wellness/Oral-Health-News.aspx](http://www.deltadentalnm.com/Wellness/Oral-Health-News.aspx)**