Removable dentures, or prostheses, are used to replace one or more missing teeth, the reason why this type of prosthesis is referred to as **removable** is because patients can easily remove and reinsert them as required.

An essential step in keeping your smile is to replace teeth, which are missing due to injury or disease. If teeth are missing, the remaining ones will change position, drifting into the adjacent spaces.

A removable partial denture fills in the space where teeth are missing and helps to fill out your smile. A denture helps you to properly chew food, a difficult task when you are missing teeth; a denture may also improve speech and prevent a sagging face by providing support for the lips and cheeks.

### Types of Dentures

Dentures fall into two main categories:

- **Removable Partial Denture**
  - Are suitable for patients who have one or more teeth missing.
- **‘Full’ Dentures**
  - Are for patients who are missing all of their teeth.

### Materials used for Dentures

Dentures are made of Methyl Methacrylate, a specialized ACRYLIC or plastic suitable for use in the intra oral environment, your mouth.

Metal alloy Cobalt Chrome that is an inert material also suitable for use in the intra oral environment, your mouth.

Or a combination of both, both materials has pros and cons but overall, Cobalt Chrome Dentures are preferred for partial dentures.

#### Acrylic

**Pros**
- Suitable for most people
- Can be fitted as soon as a tooth is removed
- Easy to adjust and repair

**Cons**
- Not as strong as Chrome Cobalt
- Tend to be larger/bulkier than Chrome Cobalt
- Can stain and discolour with time.

#### Chrome Cobalt

**Pros**
- Very strong, thin and light
- Generally designed much smaller than acrylic partials due to the tensile strength of the alloy used
- Hot and cold temperature is immediately transferred through the material when eating or drinking which leads to increased patient comfort
- Excellent Aesthetics.

**Cons**
- More difficult to repair
- Not suitable for every patient wanting a denture
- More expensive than Acrylic Dentures.

Is it difficult to eat with a Denture?

Replacing missing teeth should make eating a more pleasant experience. Begin by eating soft foods and make sure to cut your food into smaller pieces. Chew with both sides of the mouth and keep an even pressure on the denture. Avoid foods that are sticky or hard like caramels or chewing gum.

### Denture Adjustments

Over time, adjusting your denture may be necessary. As time wares on, the shape and size of your mouth naturally changes; this can affect the fit of the denture. Your gums recede or shrink, resulting in a loose-fitting denture. Dentures that do not fit properly should be assessed and relined. Loose dentures can cause many problems, including pressure spots ulcers, or infections, which may take a long time to heal.

### Taking Care of your Dentures

- Don’t wear your dentures 24 hours a day. This gives your mouth a chance to rest and takes the pressure of your gums and surrounding tissue surfaces of your mouth and it increases blood flow to these areas and also prevents fungal infections.
- Dentures should be cleaned daily.
- Take your dentures out of your mouth to clean them.
- Clean your tongue and roof of your mouth with a soft toothbrush.
- If you are wearing dentures, you should call us for any queries or concerns you may have.