

Common Denture Problems

A common problem among denture wearers is ill-fitting dentures, which cause pain. Pain is directly related to the way dentures fit. When a denture rests snugly against the gums and doesn't slide around, then pain shouldn't be an issue. But when dentures begin to rub against the gums, it leads to soreness and swelling. Left untreated, this can make wearing dentures intolerable.

If dentures don't fit well and you experience pain, you are likely to eat less or eat softer foods. Not eating foods that you use to enjoy is another sign of unstable or uncomfortable dentures. Poor diet and lower nutritional intake could lead to a variety of health and digestive problems.

Furthermore, ill-fitting dentures constantly rub on the gums and can create a callus, called an Epulis, which may require oral surgery to remove.

Natural changes in the gums and jaw over time can be another factor that causes denture pain. Gums change, and over time bone underneath the gum can shrink. The change is progressive, so you may not notice it, and over time your dentures no longer fit properly.

Fixing Denture Discomfort

No matter what the cause, a dental health professional can fix ill-fitting dentures. Three techniques are typically used: a simple denture adjustment can sometimes fix the problem however, relining the denture will seat the denture closely to the shape of the gums therefore stabilizing the denture giving more comfort. Depending on the individual you should have your dentures relined every two to three years to compensate for the constant change in your jaw bone.

Depending on the way you use your denture for instance you could have a very hard bite or you could be grinding your teeth in your sleep or similar, your denture should last you from five to eight years. If your denture is worse for wear then a new denture is the solution. Remember wearing the same denture past its due by date is doing you no favor's it will certainly cause problems to your gums and your jawbone later on making it more difficult to get a proper fitting denture as you age.'

'<http://www.agingcare.com/Articles/denture-care-for-false-teeth-148020.htm>'

To find out more please contact Liz and John at Noble Denture Design.

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