



Questions and Answers About Dentures

The American Dental Association supplied the following information:

Q: • Now that I have dentures, do I really need to see the dentist as often as before?

A: • Even if you no longer have your natural teeth, you should see your dentist regularly for oral examination. The dentist will examine your mouth to check for any problem with the gum ridges, the tongue and the joints of the jaw, as well as screen for oral cancer.

For a variety of reasons, many older adults are more susceptible to oral diseases, including oral cancer. About 95 percent of all cancers are found in people over age 40. However, many of these cancers are treatable if detected early.

Oral tissues are also checked for signs of other diseases than can show up first in the mouth.

Q: • My dentures don't feel as comfortable as they once did. Before I see the dentist, should I try some different products myself to try to improve them?

A: • Your dentures were made to fit just right. If they are cared for well, they do not change shape.

They can become loose due to natural changes in the gums and bone supporting them. As the jawbone begins to shrink, so do the gums. When your dentures do not fit properly, see your dentist as soon as possible so changes can be made. Do not try to change the fit of your dentures yourself. This can damage them and they may not be able to be repaired and they may have to be replaced.

Dentures that don't fit and attempts to repair them at home can cause irritated gums, tongue and cheeks. In emergencies items used to make the dentures stick can be used to until you see the dentist.

If your denture is loose, have your dentist check it.

This oral health tip comes from Oral Health Awareness Colorado!, a coalition of federal, state and community organizations that developed the state's first formal oral health plan aimed at improving the general health of Colorado residents.

