



## **FULL DENTURES**

These are a full set of removable false teeth worn when you have lost all your natural teeth.

### **What are upper dentures like?**

Most denture wearers get on with their upper denture. They cover the roof of the mouth to give good suction and are usually stable without using denture fixative. They can be made to look very natural. Some of the downsides are that food can get lodged around them and your taste sensation will be impaired. Some people with a strong gag reflex cannot tolerate having the roof of their mouth covered.

### **How about lower dentures?**

Ask any denture wearer and they will usually say that they get on with their upper denture but the lower is uncomfortable, moves and causes ulcers from time to time. Numerous studies confirm that full lower denture wearers can only bite with 10% of the force of someone with natural teeth and their quality of life is impaired.

### **What can be done to improve my lower denture?**

The best solution is to use dental implants. These secure your lower denture to your mouth to stop it lifting and moving. Some of the biting force is taken by the implant and not the thin gum the denture rests on. This allows you to bite much harder and eat a healthy diet with no restrictions. You can eat properly and not suffer the embarrassment of your denture moving during eating and speaking.

We use premium quality implants with clever attachment systems allowing us to find the right level of retention yet still being removable to carry out mouth and denture hygiene.

Our preference is to use 4 implants but real benefit can be had with just two.

*The Association of Dental Implantology UK released a position paper supporting the McGill and York consensus statements on two-implant overdentures. It concluded:*

*There is now overwhelming evidence to support the proposal that a two-implant overdenture should become the first choice of treatment for the lower jaw.*

*The next task is to identify and overcome barriers for the delivery of this care for the benefit of edentulous patients.*

If you are unsuitable for implants then we recommend the 'Swiss Denture' technique to make the best possible conventional denture.