

Teeth Tips

Mix ½ teaspoon of salt in a tall glass of warm water and rinse for 1 minute. This will help to sooth the tissues in your mouth after you've removed your dentures for the day.

Gently use your finger-tips to massage the areas in your mouth beneath where your dentures regularly rest. It's a great way to encourage good blood supply and circulation in your mouth.

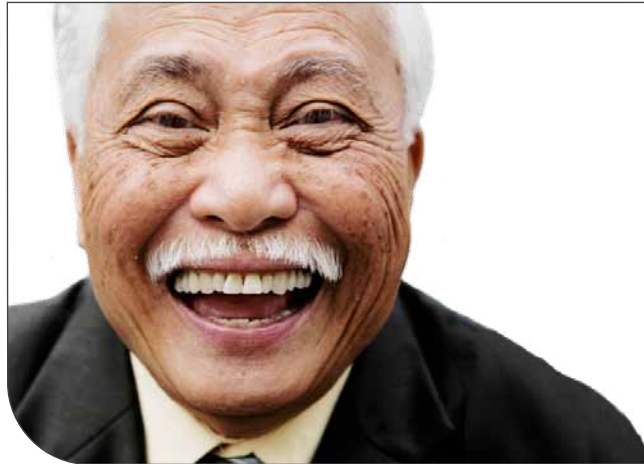
Fixed dentures or bridges need care as well. Floss threaders are great to help guide dental floss beneath your fixed bridge.

Eat healthy, get plenty of exercise and visit your oral health care professional regularly.

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This issue

Your dentures P.1
Caring for your dentures P.2

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Your Dentures... Your Teeth... Your Smile

When we mention the term “Dentures” most people think of the elderly and aged. Although more prevalent among seniors, denture-wearers are found across all age groups and segments of society. Dentures are often a popular choice for those wishing to replace missing teeth and return to full-functioning dentitions.

[Why Dentures?]

Dentures are custom designed removable dental prosthesis designed to replace one or more missing teeth in your mouth. Well-fabricated dentures will restore your ability to comfortably eat a variety of your favorite foods. As a full complement of teeth is best for clear and audible speech, dentures are also important for effective communication. Many of you wouldn't dream of being seen without your denture. And rightly so! Aesthetically, den-

tures replace the gaps left by missing teeth, fills out your cheeks and takes years off your age. Dentures in fact, are a big component of your smile and your appearance.

[Types of Dentures]

For those of us missing only a few teeth, we'd require partial dentures. Dentures that replace a complete arch of teeth are known as full dentures. Implant dentures are supported by titanium posts retained in the jawbone; they offer enhanced denture stability and comfort. Fixed dentures are more commonly known by the term “bridge” where missing teeth are replaced by prosthetic teeth cemented permanently in the mouth.

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[Cleaning Dentures]

Your dentures need to be cleaned daily to remove damaging plaque bacteria and food debris--both can lead to bad breath and irritation of the tissues in the mouth. Specially designed denture brushes are available on the market to effectively do the job. It's best to scrub your dentures over a sink semi-filled with water to prevent damage to your dentures should they accidentally slip from your hands. Finally, don't forget to scrub all surfaces of your denture since every surface is prone to collect bacteria and debris.

[Soaking Dentures]

Many dental professionals recommend removing your dentures from your mouth for at least 6 to 8 hours each day to give the oral tissues a rest. When dentures are not worn, they are safest soaking in a glass or other container. There are some excellent denture-soaks available commercially. Many are formulated to decrease bacteria and prevent stain and tartar build-up on your dentures. Try out a few of these to find one that's right for you.

[Caring for Natural Teeth]

Daily brushing and flossing of your natural teeth is extremely important. Remember, plaque bacteria when allowed to accumulate in your mouth can lead to gum disease such as gingivitis and periodontitis as well as tooth decay. Good oral hygiene habits benefit more than the health of your teeth and gums; partial dentures in particular, depend on your natural teeth to be clean and strong for their stability and support. Your dentures will fit more firmly and comfortably when supported by healthy, strong natural teeth.

[Your Oral Health Professional]

Whether you have complete, partial, implant, fixed or removable dentures, it's important to keep in contact with your oral care provider. Regular visits to your oral health professional will ensure your dentures and natural teeth are functioning and looking their best.

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