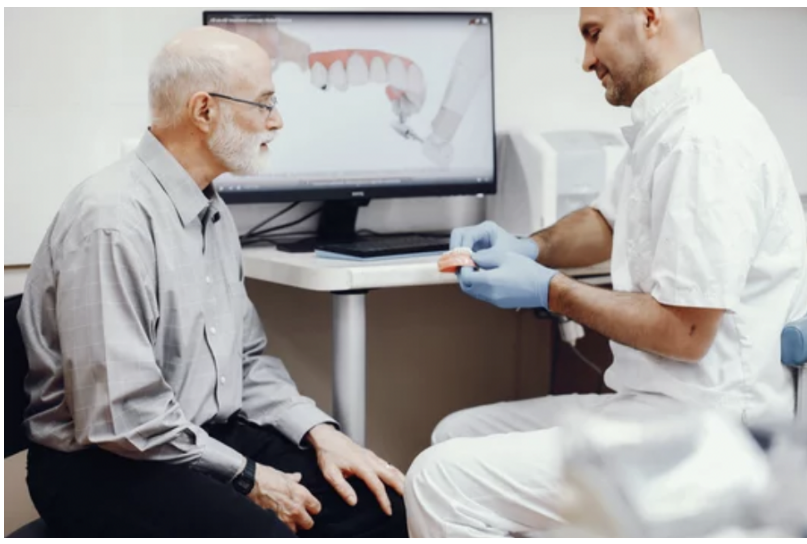


# HOW TO CHOOSE AND CARE FOR YOUR DENTURES

If you are in the market for, or your dentist recommends dentures, it can feel like an intimidating and lengthy process with the variety of materials and options to choose from today. Dentures can be an expensive, long term, aesthetic and medical investment. Your dentist will be able to identify your needs and wants, walk you through each and every step to ensure that you choose the perfect fit for your mouth.



When choosing dentures the first step is to consult your dentist. Dentists have extensive knowledge about the brands and aesthetics of dentures available. Your dentist will be able to discuss and identify your needs and wants, to provide the best options for you.



## Types of Dentures:

There are two main types of dentures: partial dentures and complete dentures. Partial dentures are used to replace a couple of teeth in ones mouth. These are commonly used when a patient is missing 2-3 teeth in a row that are surrounded by strong healthy teeth. Full dentures are used to replace a full row of teeth, and can also be used to replace oral tissue. Both types of dentures are removable to give your mouth some off-time to rest.

Full Dentures



Partial Dentures



## Tips for caring for your dentures

- Brush your dentures daily
- Soak dentures overnight in water or a cleaning solution
- Avoid bleaching and whitening toothpaste
- Keep a case to store your dentures while removed

