I Can’t Wear My Lower Denture!

So you have a lower, or maybe even an upper, denture and it just won’t stay in. Or it moves. Or maybe you just hate taking it in and out because you don’t like having removable teeth.

Whatever the reason, I’ve got an option you may want to check out. Have you ever heard of a hybrid denture? They are also known as fixed-detachable dentures and are a way to replace missing teeth and gum tissue with a prosthetic (denture) attached to dental implants. Often times, your current denture can be used!

Hybrid dentures are recommended when you have a lot of bone loss in your jaw; that’s what makes dentures not fit well. This type of denture is more natural-looking and stable. They can be taken out by your dentist if need be, but stay in place from day to day, so it’s like having your natural teeth. Generally speaking, about four implants are placed and the denture is retained by the implants.

If you’d like more information about hybrid dentures, or to find out if you are a candidate for one, call or email us! We’d be happy to see you for a complimentary consultation.

Do I REALLY Need to Have My Teeth Cleaned Every Six Months?

So you floss. You brush. You “take care” of your teeth, right? Or, maybe you don’t. But do you REALLY need to have your teeth cleaned EVERY six months? Really? They LOOK okay.

Well, the answer is YES. And there are a few reasons why. Your dentist and hygienist want to keep YOU healthy. Yes, I said YOU. Because the health of your MOUTH affects the health of your body.

We all have bacteria in our mouth. We are human; it’s just the way it is. And the bacteria grow; they recolonize; they breed down below your gum line. If this bacteria biofilm is not removed, it is like a domino effect. Brushing, flossing and using a waterpik will NOT remove this bacteria layer all the way down below the gum line. That’s what your dental hygienist is doing when she “cleans” your teeth. This biofilm is how your gums get infected and you get GINGIVITIS. And of course, if gingivitis is not treated, it turns into gum disease, or periodontal disease.

Gingivitis is reversible and curable, but periodontal disease is not because it involves the eating away of the bone. If you have bleeding gums, you have INFECTION. Once you have INFECTION in your mouth, it drains and affects the rest of the body. The bacteria go crazy. There is a direct link to heart disease, stroke, diabetes and premature babies, just to name a few. Like I said, it’s a domino effect. You may think everything is fine and healthy, but bacteria are growing down below your gum line.

Bleeding gums are NOT normal, even if your gums have “always bled.”  If they’ve always bled, you’ve always had some infection in your mouth. It takes about 24-48 hours after a cleaning for the biofilm to form again, and about three months for it to really get going again in people with gingivitis and periodontal disease.

Some people can go six months in between cleanings and still be okay. Those people who already have gingivitis and periodontal disease need to have their teeth cleaned about every THREE months in order to stay ahead of the bacteria and disease. This is just the science behind it. This does not even take into consideration the plaque and tartar (calcified plaque that has been missed in brushing and flossing). Most people want the plaque, tartar and ugly stain removed for cosmetic reasons too.

So the best plan of action is to take into consideration what your dentist and hygienist recommend. There is reasoning behind their recommendations, and the main priority is to keep YOU healthy. If you’d like more information, let us know!