



Issues & Risks of Ill-Fitting Dentures



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Introduction

Ill-fitting and poorly-designed dentures are uncomfortable, but are you aware that they can actually **cause you harm**? Your jaw is always changing and if your teeth were extracted some time ago, it's likely to look very different than it did then. Jaws that contain natural teeth maintain a certain height because they have support roots, which can be quite long. When these natural teeth are removed, there is no longer a need for the bone to maintain this natural height and so it is gradually reabsorbed as the bony ridge beneath the gums shrinks.



They Accelerate Bone Loss

Over time, your dentures will become progressively more ill-fitting as the shrinking bone forms a gap between the fitting surfaces and the gums. Wearing poorly-fitting dentures accelerates this bone loss, but many people will try to make do with the same set of dentures for 10+ years! As you age, there will be less and less bone to support new dentures and this can be problematic. Bone will only continue to be lost as you age, so it doesn't make sense to speed up this process by wearing poorly-fitting dentures.

They Could Damage Your Joints

The joints that hinge your upper jaw to your lower jaw are called the *temporomandibular* joints and cartilage assists jaw movement. Natural teeth help maintain the correct positions and angles to protect these joints, but when teeth are lost or extracted the jaw loses height and this causes the cartilage to be subjected to too much stress by moving into abnormal positions. This may cause headaches and pain and you might even notice your jaw “clicking” when you yawn and eat. This condition can be serious and may even require surgery if not promptly treated. Having a *properly-fitting* denture which maintains the correct jaw height will help protect your joints.

Regular Visits to your Denturist Could Save your Life

Even if you feel that your dentures fit perfectly and are in excellent health, it still pays to *visit your Denturist a couple times a year*, at least. They are trained to spot early signs and symptoms that something may be off or need adjusting. It is often easy to get used to something being uncomfortable over a long period and to accept it as normal. But it might not be, so take care of yourself and **book that appointment.**

