



Dr Grant McAree

Ask Dr. Grant



DR GRANT IS ONE OF THE LEADING COSMETIC DENTISTS IN THE SOUTH WEST AND HAS TREATED PATIENTS FROM ACROSS THE REGION AND BEYOND. HIS MAIN SOURCE OF NEW PATIENTS IS THROUGH WORD-OF-MOUTH REFERRALS

Loose-fitting dentures – what’s the story?

What are we talking about?

The main reasons why dentures work loose and what you, and your dentist or clinical dental technician, can do to help. The tricky thing with dentures is that there’s not much for them to hold onto. This is especially true of the lower denture, which only has the ridge where the teeth once were to grip onto.

Tell me more

A denture may be loose – or work loose – for a number of reasons. Firstly, it may simply be because it’s old: denture design and materials have come a long way in recent years and it’s now possible to have dentures which fit you perfectly. Secondly, it may be due to the fact that our mouths subtly change shape over time, meaning the fit won’t always be as good as when it was new. Thirdly, because you’re maybe not using enough or strong enough denture fixative.

What’s the answer?

If your denture moves when you talk, smile or eat, makes eating difficult, affects your speech or just plain hurts, there are things that can be done to help. Raise any concerns with your dentist or clinical dental technician, who can tell you if a new denture or implant-retained denture may be your best option.

What is an implant-retained denture?

An implant-retained denture is a denture

that’s specially designed to be attached to implants, so it can be held in place. More and more patients are having their denture secured in this way for complete peace of mind.

What’s the first step?

An initial implant consultation is required to assess suitability, involving taking X-rays, impressions and photographs. On the denture side, investigative X-rays are taken and a wax mock-up is made to show how the teeth will look after treatment.

What happens?

Implants – which are tiny titanium screws – are placed in the upper or lower jaw to give the denture something fixed to hold on to, anchoring it down. The denture can then be attached to the implants, holding it in place. Each case is different, but usually you’ll need two for the lower jaw and four for the upper jaw. Implants fuse with the bone and are permanently fixed, so you don’t have to worry.

Sounds a bit scary!

There’s really nothing to worry about! Nowadays, implants are so simple to fit, the procedure can be done at the surgery; there’s no need to go to hospital. It generally

only takes about an hour and is virtually painless. Within a few weeks, you will be eating as though you have your natural teeth again.

Does it hurt to have implants fitted?

No, as you will be completely numb, just like if you were having a filling. Some patients experience a little soreness and swelling the day after, but this should only last 24 hours.

Who do you work with?

I work with Rob Gosling in Exmouth, who is one of only around 100 clinical dental technicians in the country qualified to fit, not simply make, dentures. He makes and fits the denture, I fit the implants.

Costs?

Lower denture inc implants: £4,200 (£3,200 for two implants + £1,000 for the denture). Upper denture inc implants: £7,700 (£6,400 for four implants + £1,300 for the denture). Implant consultation: £100 but included in the cost of the implant-retained denture if treatment goes ahead. **DL**

**“THERE’S NOTHING
SO STABLE AS
CHANGE”
– BOB DYLAN**

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