

# Problems with Dentures

Some people believe that their dental problems will be over if they simply have their teeth removed and replaced with dentures. Instead, as most denture wearers will tell you, getting dentures can mark the beginning of many new problems.

## Problems with eating

Eating can take much longer because you can apply only about 15% to 20% of normal force when chewing with dentures.

They also make many foods more difficult to eat. This is particularly true for fruits and vegetables, which are crucial for your overall health.

Tasting food can be more difficult, too, especially with upper dentures, which cover the taste buds on the roof of your mouth.

## Gagging and sore spots

Gagging can be a problem with upper dentures. Some people with an active gag reflex find them impossible to wear.

Sore spots can also develop because the tissues in the mouth were never made to have plastic continually rubbing against them.



Denture sore



Jawbone loss



Jawbone loss changes appearance

## Problems associated with shrinking jawbone

The most serious problem is the loss of jawbone. When teeth are missing, the jawbone does not get the stimulation it needs from chewing, and the bone begins to shrink. This causes the denture to become loose and floppy. After a few months, the denture will have to be relined, and every few years, it will need to be remade completely to keep it fitting properly.

This is a particular problem with lower dentures. The base for the denture is smaller to begin with, and as the loss of bone flattens the jaw, there is very little to hold it in place. Even worse, the shrinkage can expose nerves that pass through the lower jaw, so the jaw hurts and can go numb every time you bite down.

The loss of jawbone also changes your appearance. Your nose gets closer to your chin and your lips collapse. This causes wrinkles, gives you less lip support, and makes you look older.

## The expense of dentures

When you add up all of the costs, dentures can end up being more expensive than treatment to save your natural teeth. The cost of dentures includes those for removing teeth, making the dentures, and periodic relines and remakes.

For all these reasons, we recommend that you choose treatment to save your natural teeth. You will look better, feel better, enjoy your food more, and have more confidence.