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[www.MileZeroDentureClinic.ca](http://www.MileZeroDentureClinic.ca)



## How long will it take to make my dentures?

WE OFFER 2 DAY COMPLETE DENTURES! Dentures and acrylic partials can be completed in 2 days if needed. Flippers can be done in 1 day.

## What is the difference between standard and precision dentures?

A question we at Mile Zero are frequently asked is, what is the difference between *standard and precision dentures*. We stand behind both products, and are committed to providing patients with the best possible fit, function, and appearance. The main difference between standard and precision dentures, besides the cost, is the quality of materials which we use to fabricate the dentures.



Precision dentures have the following advantages over standard dentures:

1. Higher Quality Teeth - Precision dentures have a higher quality tooth and additional techniques that are not used in fabricating standard dentures, which means the denture teeth are harder and stronger.
2. Last Longer - Standard dentures last approximately 5 years. Precision dentures last between 5 and 8 years. This is an average - the lifetime of a denture depends on whether a person clenches and grinds their teeth, and also depends on their habits; for example, eating hard substances such as scotch mints.
3. Look More Natural - The teeth on precision dentures look more natural than standard teeth, as they are designed to precisely replicate your mouth's natural shape and smile. Standard dentures use basic shapes, shades, and materials.
4. Better Fit - The pink part of the precision dentures (the base) is fabricated using a different process than standard dentures. This process creates a better and more accurate initial denture fit, therefore, will require fewer adjustments.
5. Less Staining – Precision dentures do not stain as easily as standard dentures due to the way they are processed and the materials used.

## Will I need adjustments?

Yes, adjustments will be booked for you within a week of placement. Most people need a couple of adjustments after the dentures are made. These adjustments are included in the cost of your denture, for the first year. At Mile Zero Denture Clinic, your smile is extremely important to us. We only do quality custom work that will exceed your expectations.

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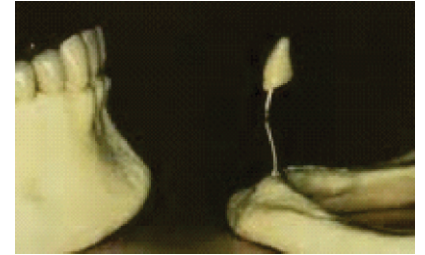
**Phone: 250-782-6004**

#103 816-103rd Avenue  
Dawson Creek, BC V1G 2G1  
Fax: 250-782-6083  
info@milezerodentureclinic.ca

## Why does my upper denture fit better than my lower denture?

The roof of the mouth is shaped in such a way that the upper denture creates a suction or seal with the denture. This suction enables the denture to stay in place on the roof of the mouth. The lower denture has no suction and has to share space with your tongue. Because your tongue is constantly moving along the floor of your mouth, the denture moves as well, and no seal can be created.

As always, adjusting to new dentures is a process that will require a bit of patience. Over time, the muscles will develop to aid in placement and you will be quite satisfied with your ability to wear your new dentures in comfort.



## Why do my new dentures fit differently than my old dentures?

Adjusting to new dentures is something that will require a bit of time, primarily because the muscles in your face have developed around your old dentures and will now need the time to adapt to your new dentures. Your old dentures teeth have worn down, the new denture teeth will be a little taller. This will initially feel like a mouth full but should feel better after a week or so.

## How often should dentures be replaced?

They should be replaced every 5 - 7 years. The teeth on a denture wear overtime, it is important to replace your dentures at the right time before the worn-out denture causes issues with your TMJ joint. Annual visits with your denturist can help determine when the denture needs replacing.



## Signs your denture needs to be replaced.

- Chin appears closer to your nose
- collapsed facial appearance
- Sores in the corners of your mouth
- inability to chew through your food
- Can't eat lettuce Can't eat meat
- Teeth are flat or smooth
- You now have an underbite
- Can't bite anything off that you used to be able to
- Your denture is over 5 years old
- They are in your pocket
- You use a lot of adhesive
- You don't show teeth when you smile

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## Denture FAQ's

### When do Dentures Need Relining?

Dentures should be relined every 2 years. Your mouth is in a constant state of change; your gums slowly “shrink” for the rest of your life. A reline is necessary to refit the denture to your gums as they change.



The rate of change is different for each individual and will depend on the person's health, medications, diet, genetics or existing denture fit. Annual check-ups will allow your dentist to determine if your denture is in need of a reline. Your dentist will adjust and reline your denture to fit as your mouth changes.



### What are Denture Implants?

Denture implants are small titanium posts used to stabilize or provide a more secure fit for a denture. The implants allow the denture to snap into place, so you can eat and smile with confidence and without sore spots. Dental implants are the only real solution to lower denture problems.



### How can Denture Implants help Denture Wearers?

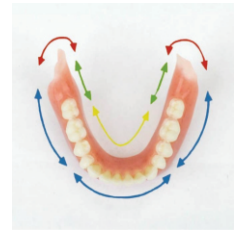
Denture wearers often lack confidence that their denture will firmly stay in place in their mouth without becoming loose or floating. For patients who are having this difficulty, denture stabilization implants will help you eat and speak more confidently. It will also decrease the frequency of sore spots. This is especially helpful for the lower denture. Also, because the implants act as tooth replacements, they keep the blood flow to areas of the implant thus maintaining the bone they are placed into your facial structure.

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## Lower Suction denture

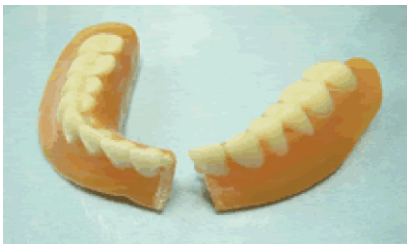
Lower suction dentures use a new impression technique which can create suction and allow for better stability of a lower denture. The success of this technique will be dependent on a person's lower gum anatomy. You will need to have the correct shape of gum in order to achieve lower suction. Your dentist can determine this with a free consultation.



## Can I Crazy Glue my Denture if it breaks?

**No!** Do not try to repair or glue the denture yourself, bring the denture and its pieces to your dentist to fix. Gluing your dentures may result in the inability to repair the denture properly and may be more costly.

Denture fractures and tooth breakage are common problems experienced by many denture wearers. It is recommended that you have a spare set of dentures in case you damage your existing denture.



## How often should I visit my Denturist?

To ensure the health of your gums and the proper fit of your dentures, you should book a check-up with your dentist every 1-2 years. The dentist can inspect the fit of your denture and fix any issues.

## What should I clean my Dentures with?

Refer to the product list located in your Welcome Package. Only use products made for dentures, no household products.

## How do I keep my dentures clean and how often should I clean?

Daily denture cleaning will help to prevent plaque and tartar build-up, food stains, bad breath, mouth infections and redness or irritation to your gums. Remove your dentures, rinse with water and brush immediately after meals using a denture brush and a product made for dentures.



## Please Do Not Eat Scotch Mints!

**Scotch mints will drastically decrease the life span of your denture. The mints wear denture teeth down very quickly.**

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