



What your Denturist needs you to know about **WINNING THE LOWER DENTURE CHALLENGE**

Adjusting to new lower dentures, specifically complete lower dentures, can be a challenge for some patients. Your Denturist, the Denture Specialist, will help to ensure optimal fit of your new lower denture and will discuss with you how lower dentures enhance your ability to chew, your digestion, and function with your upper dentures.

Unlike an upper denture, a lower denture is seldom held in place by suction. A lower denture rests on the horseshoe-shaped ridge at the bottom of the mouth, allowing the tongue to occupy the centre and inside space, whereas an upper denture covers the entire palate.

Perseverance is Key

If you have never worn a lower denture, it may initially feel that your tongue has less space to move in. Your tongue may have to adapt to sharing this space, which may take several weeks of perseverance.

The smaller the size of your gum, the greater the challenge of wearing lower dentures, since this can limit the base on which to build them. In such cases, it is especially important to design a denture that will maximize the use of the remaining ridge, in order to stabilize the denture as much as possible. Thinner skin and irregular bone structure, together with lack of suction, can lead to initial sore spots in your mouth. Your Denturist will work with you to adjust your dentures to achieve maximum comfort.



What to keep in mind when choosing lower dentures:

- Unlike an upper denture, which is held in place by suction, a lower denture rests on the horseshoe-shaped ridge at the bottom of the mouth.
- If you have never worn a lower denture, it may initially feel that your tongue has less space to move in. But once you start wearing lower dentures, your tongue will adapt to sharing this space.
- The smaller the size of your gum, the greater the challenge of wearing lower dentures. It is especially important to design a denture that will maximize the use of the remaining ridge, in order to stabilize a lower denture as much as possible.

Did you know?

You don't need a referral to visit a Denturist. Denturists must be licensed with the College of Denturists of Ontario in order to practice in Ontario and their Certificate of Registration (license) must be prominently displayed in their office.

Your Denturist will also discuss ways of securing lower dentures, including implants, as an alternate solution. More information on implants will be available in future public service articles. Millions of people are successfully wearing lower dentures. By working closely with your Denturist, the Denture Specialist, and by persevering, you will, too.

See your Denturist, the Denture Specialist.

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