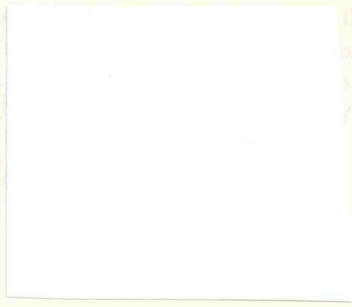


*How*

**YOU CAN ENJOY  
ARTIFICIAL  
DENTURES**

# HOW YOU CAN ENJOY ARTIFICIAL DENTURES

"The information on dental health contained in this booklet is considered by the American Dental Association to be in accord with current scientific knowledge (1964)."



## INTRODUCTION

You are about to enter into a new way of life—artificial dentures. A way of life that is now being shared by nearly thirty million people in the United States who are presently wearing partial or complete dentures. A way of life that will be entered into by almost three-quarters of a million people with each coming year.

As with all new and critical periods, you may encounter moments of anxiety and worry. This is understandable, although there is really little actual cause for it. Many people are happier and healthier with artificial dentures than they were with their own. Quite often they find that their appearance is improved and, in many cases, that they can even eat better and with more comfort. It is only natural that you will experience minor annoyances and adjustments at first. Your dentist realizes this. To aid you in overcoming these problems and to more quickly enjoy your artificial dentures he has presented you with this booklet.

The purpose of this booklet is to fully explain, in simple everyday terms, to the person wearing or on the threshold of wearing artificial dentures, those problems and adjustments that may be expected.

It has been written by members of the dental profession and compiled expressly for your dentist. It is presented to you with his compliments, so that you may learn, with the least amount of inconvenience and time loss, how to ENJOY YOUR ARTIFICIAL DENTURES.

The Authors

## CONTENTS

|            |   |    |
|------------|---|----|
| Chapter 1  | HISTORY .....                             | 4  |
| Chapter 2  | PLASTIC OR<br>PORCELAIN TEETH .....       | 6  |
| Chapter 3  | IMMEDIATE DENTURES .....                  | 8  |
| Chapter 4  | FEELING OF FULLNESS —<br>SALIVATING ..... | 9  |
| Chapter 5  | LENGTH OF TIME —<br>MENTAL ATTITUDE ..... | 10 |
| Chapter 6  | DENTURES AT NIGHT .....                   | 11 |
| Chapter 7  | GAGGING .....                             | 12 |
| Chapter 8  | SPEECH .....                              | 14 |
| Chapter 9  | BREAKAGE .....                            | 15 |
| Chapter 10 | CLEANLINESS .....                         | 17 |
| Chapter 11 | PARTIAL DENTURES .....                    | 18 |
| Chapter 12 | BITE .....                                | 20 |
| Chapter 13 | BITING LIPS AND CHEEK .....               | 22 |
| Chapter 14 | SORE SPOTS .....                          | 22 |
| Chapter 15 | FIT OR LOOSENESS .....                    | 25 |
| Chapter 16 | POWDER — PASTES<br>PADS — LINERS .....    | 30 |

## HISTORY

The making of certain forms of artificial appliances to replace missing teeth dates back to Phoenician Times, over 3000 years ago. From that time to about a century ago, progress was very slow, and only crude forms of dentures and bridges were made. It has been only in the last 100 years that artificial teeth and bridgework, as we know them, have come into existence.



*"Early artificial teeth or bridge-work was not very flattering"*

An artificial denture is composed of two parts: the teeth, and the part that holds the teeth, called the base. Many things have been used to construct dentures, including teeth that were extracted from other people, teeth from certain animals, teeth carved from ivory. About the end of the 1700's the greatest advancement made was the introduction of the porcelain tooth. This was found to be an almost perfect substitute for natural teeth. Of course, great strides have been made with porcelain since it was first introduced. It has been the only

material used until a few years ago when plastic teeth were placed on the market. At present, the only materials used for making teeth are porcelain and plastic. Even today great improvements are being made on these two materials. On the base portion of a denture various materials have been used. The earliest dentures were carved from ivory. Various types of metal were used, but all of these were crude and impractical. About 1840 when Goodyear learned to vulcanize rubber, the first



*"Crude materials were partly responsible for the poor appearance of artificial teeth years ago"*

real denture base material was developed. It was found, however, that rubber could not be made to look like the gums. Rubber was porous, and microscopic food particles would cling to it. This made dentures difficult to clean and keep odorless.

The first natural looking material developed was celluloid. This had many bad characteristics, and it was soon removed from the market. It wasn't until the 1930's that plastics, as we know them today, were introduced and used as denture bases. These forms of plastics are commonly called "acrylics." Research is still continuing. Efforts to improve our present plastics and a search for even better materials never ceases.

## PLASTIC OR PORCELAIN TEETH

If you have, or are going to receive a new set of dentures, you can be sure of the materials from which they are made. The base will be composed of one of the many different types of plastics to match your particular need for shade or color. The teeth will be made of either plastic or porcelain. Of course, there are many different brands of plastic base materials and teeth. The type used depends on the tastes and working habits of the individual Dentist. There are several differences between plastic and porcelain teeth.

Plastic teeth are considered less breakable, and since they are of the same material as the base, they are much more difficult to break out. Chewing gum may have a tendency to stick somewhat to plastic, so one should use caution when chewing.

In many cases only plastic teeth can be used successfully. The conditions and shape of the mouth are such that the pins and holes in the porcelain teeth interfere in the construction of the case. Your Dentist may have no alternative but to use plastic teeth if you are to receive a successful natural looking Denture. He will advise you if these conditions exist.

Porcelain teeth are held to the base by either pins or holes in the teeth themselves. They do not become an integral part of the denture but are held mechanically and can therefore break out more easily.

Teeth are made in a variety of shades and shapes. The various tooth manufacturing companies, after many, many years of research, have tried to put teeth on the market that would match up as closely as possible with every shape, color, and size of human teeth. The color of teeth to fit an individual is determined by the age, color of hair and complexion of that person. As we grow older, our own natural teeth gradually turn darker; so the older you are when you are ready for artificial teeth, the



*"There are three basic shapes of teeth: Square for people with square faces; tapering for triangular shaped faces, and ovoid for people with round faces"*

darker shade tooth you should have. Most people are interested only in very white teeth because they feel that the whiter teeth, the more natural they look. Very few natural teeth are of the whitest color. If your own teeth were not white, you should not try to change your appearance by saying now I can have what I always should have had, white teeth like my neighbor or some friend.

Teeth are made along 3 basic shapes: Square, for people with square faces; tapering, for triangular shaped faces; and ovoid, for people with round faces. Of course, there are all kinds of variations in these three groups, but one can rest assured that there are teeth made that will match the shape of your face in a pleasing and harmonious manner.

## IMMEDIATE DENTURES

An immediate denture is one where the remaining natural teeth are removed, and the denture is placed directly in the mouth, so that the patient does not have to go without teeth.

Usually the front teeth are left. Then when the denture is ready, these teeth are extracted, and the denture inserted.

For swelling and excessive bleeding follow your dentist's instructions. Do not remove the denture for any reason, unless your dentist tells you otherwise.

The appearance of the denture may be disappointing at first. The face may seem full, and the teeth may seem long and buck, but as soon as the swelling subsides, and the dentures settle into place, these conditions all take care of themselves, and your new teeth will be as natural looking as it was possible to make.

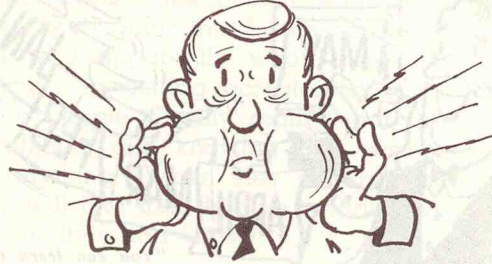
It may be difficult to eat at first because of the soreness of the gums, but a soft diet with lot of liquids will keep one's strength up until he is able to chew more solid foods.

As the gums heal, the denture will gradually loosen up, and sore spots may develop as the denture continues to settle. If the denture becomes too loose, your Dentist may recommend some form of adhesive to help you, until the gums are completely healed. The denture can then be refitted, or in cases where the change is so great that the bite has been changed, the dentures may have to be remade. Immediate dentures are more expensive because of the greater number of adjustments required and the greater difficulties and length of time required in their construction. Your Dentist is not responsible for the shrinkage of gums, so when your denture has to be refitted or a new one made, depending on the conditions present, the fee for this work is additional unless definite arrangements were made before-hand, and this cost was included in the original fee.

If there is anything you do not understand, or if you are having more difficulty than you think you should have, consult your Dentist.

## FEELING OF FULLNESS SALIVATING

When dentures are first inserted into a patient's mouth, the experience is quite a strange one. He is overcome instantly with a feeling of full-



*"You feel like you would look with the mumps"*

ness, and at the same time his salivary glands start working overtime filling the mouth with thick, ropy saliva. Both of these sensations pass off after the first few days when one be-



*"Bucketfuls"*

gins to become accustomed to wearing the artificial dentures. Lips may stick out or bulge at first, but after a few weeks they settle back to a normal position.

