



## A Word from Kim

Happy New Year! I hope that everyone had a great holiday! It's hard to believe that it is 2016 already! My staff and I are back after having two weeks holidays that were spent with our families and friends. We are well rested and ready to embrace the New Year! We have all enjoyed ourselves and now it's time to get back into the swing of things!

Many people make New Year Resolutions, but don't keep them! We've all done it! Make this the year to commit yourself to being healthy. Being healthy doesn't just mean, being in shape physically by exercising, etc. It includes your overall well-being! If you are having difficulty speaking or chewing comfortably and with confidence, then you may require some denture care. We have a full service denture lab onsite. How does that benefit you, one might ask? Well if you require a reline or repair, then we can usually offer same day service. Our specialty is dentures! We fabricate full, partial and implant retained dentures everyday! We are the experts! Our consultation appointments are complimentary. So if you are not sure what treatment you require, then call to schedule an appointment. All appointments include an oral exam and a written estimate which will have the best recommended treatment for you.

We are in the process of updating our sign on the building as well as having a sign made on our lawn for a fresh new look. We hope that you like it!

In closing, let this be the year that you take charge of your health and keep your New Year Resolution! Be proactive and take control of your well-being because "you are worth it"! You would be surprised at how many times I hear my patients say, 'they wish that they would have proceeded with their treatment earlier'!

I look forward to seeing you in the New Year!



All the best!

Kim



*Kim Dadswell, Denturist*

*We have a full service denture lab on the premises which is cost effective for our patients.*

*If you like our service, 'tell someone'. If you don't then, 'tell us'.*

*Call our office to schedule an appointment that is convenient for you.*

*Our practice continues to grow by referrals from our patients.*

*Thank you for recommending us.*

## Partial Dentures

A significant number of people are missing some of their natural teeth. If you belong to this group and have decided to seek denture treatment, you should know that you can consult us directly without a referral.

Partial denture treatment is an effective and economical way of restoring proper chewing and a pleasing smile. Partial dentures can be fitted as teeth are lost or removed and can help to preserve the position and function of the remaining natural teeth.

When teeth are lost a space is created which the teeth on either side tend to tip into and fill. The bite then alters when teeth move from their proper position and, if left unchecked, this can lead to further tooth loss.

By filling the spaces with partial dentures, remaining teeth are prevented from moving. The dentures provide a surface to bite on, restoring the ability to chew properly. Your smile is restored by replacing missing teeth which are colour matched to enhance your natural appearance.

There are different types of partial dentures, made with a variety of fasteners. Partial dentures restore missing teeth by using some natural teeth for hold and support. Combined tooth and gum support provide effective function so that a complete bite is restored, even when many teeth are missing.



## Helpful Tips

- \* After every meal dentures should be removed and rinsed.
- \* Dentures should be taken out at night and soaked in a denture cup with a commercial cleaner.
- \* Always brush the inner surface of the denture as well as the teeth. Prior to cleaning the denture with the denture brush fill the sink with water to avoid accidental breakage.
- \* Do not immerse the denture in bleach or boiling hot water.



## Denture Care Tips

### How to Use a Denture Adhesive:

- (1) Clean & dry your dentures. (2) Apply denture adhesive in short dots; i.e. 2 or 3 around the denture, not too close to the denture edges. (3) Rinse mouth before inserting dentures. (4) Press dentures into place, hold firmly, and bite down for a few seconds

### Removing Denture Adhesive:

- (1) Swish mouth with water. (2) Slowly remove denture using a rocking motion. (3) Remove adhesive residue from denture and mouth with warm water and a soft brush. (4) Clean your dentures.