



A Word from Kim

Aloha Everyone! Isn't this weather incredible? It feels so tropical! After a long, cold winter this beautiful weather sure is appreciated! It is so exciting waking up to hearing the birds singing and going to and from work with the sun shining ever so brightly!

June is shaping up to be a pretty busy month. We are noticing that with the snowbirds back, upcoming holidays and the wedding season approaching, our schedule is filling up quickly. I would like to recommend to you that if you require new dentures or relines for an upcoming event, then please consider booking sooner than later. We always do our best to accommodate everyone, but would like to remind you that getting new dentures could take approximately 4-6 weeks to make, depending on the type that you need. So please keep that in mind when booking your appointment.

I am proud to say that Dadswell Denture Clinic has officially gone paperless! It sounds so easy, but it is actually a huge job! All of the patient charts need to be scanned into computer one at a time. It is a lengthy process! Although it's going to take some time to do, it will all be worth it, in the long run!

I would like to take this opportunity to thank everyone who has supported me with the Collingwood Kinettes Fundraisers! We certainly have had a lot over the past few months; Steeped Tea, Flower Bulbs, Diva on a Dime and most recently the Cystic Fibrosis Walk at the Metro Zoo. My daughter Rowan & I along with the Collingwood Kinette's did the walk on Sunday May 29th. It was the hottest day ever, but we sure had a great time doing it! Thank you again! It was for a great cause!

In closing, I look forward to seeing you in the near future! Enjoy this beautiful weather! I am pleased to say that they predict that it is here to stay!



All the best & Happy Father's Day!

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, "please tell someone". If you don't, then "please tell us."

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

Our practice continues to grow by referrals from our patients.

Should I Sleep With or Without My Dentures In?

Initially you are encouraged to wear your dentures to bed to get accustomed to them. After the first week, it is advisable to remove your dentures at bedtime to rest your gum tissues. Since the appliance covers tissues in your mouth, such as your palate and your gums removing it will allow the tissues to breath and bathe in saliva. It also takes pressure off your soft tissues and bones, thus keeping them healthier longer. The more you wear your denture, the more pressure there is on the bone and soft tissue of the palate and the lower jaw, which can cause bone loss and loosening of the denture. Leaving it out for periods of time will take pressure off these areas and hopefully reduce this bone loss. The more you do it, the easier it becomes.

If you have a tendency to grind your teeth when you sleep, by removing your dentures at night, it will protect both your teeth and gums. The saliva will wash around your mouth naturally cleansing your gums. This will help reduce the chances of gum infections and bad breath. A partial denture must always be removed as it may damage your remaining teeth and gums if left in 24 hours a day.

Removing the dentures may cause a certain amount of distress in some patients. If this occurs, leave the dentures in during the night. If you do insist on wearing your dentures, then you should brush your dentures twice daily as well as your gums to help circulate the blood in the area. When you are not wearing dentures, always place them in water, so that they do not dry out and potentially warp.

Helpful Tips

Tips for Travelling with Dentures... When travelling far from home, avoid sticky and hard exotic foods that you are not used to eating. Many denture emergencies result from broken teeth or ill-fitting dentures.

Considering assembling an inexpensive denture kit to take with you on your family's vacation travels. Ibuprofen or acetaminophen can ease discomfort until you get emergency care. Denture adhesive or a back up denture could help if you break or lose your plate. Don't forget to take your denture brush, bath and cleaner too. If a sore spot develops try rinsing with saltwater or mouthwash and leaving your denture out for as long as you can. Also consider booking a check up appointment with your Denturist prior to your holiday to make sure that your denture is fitting properly.

"We Love To Make You Smile"



Recipe

Cool Summer Cucumber Punch

3 quarts of water
3 quarts of ice cubes
1 pkg sugarfree lemonade powder
12 ounce can of white grape concentrate
1 lemon sliced
1/2 med cucumber sliced thinly

In a punch bowl, stir all ingredients together. Float slices of lemon & cucumber on top.

