



## A Word from Kim

Happy Canada Day Everyone! This is such an exciting and busy time of year! The kids are finished school for the summer and there are lots of tourists visiting the area. We have had patients visiting our area from overseas to experience our beautiful sunsets and trails. We are very fortunate to live in such an incredible part of the world!

I recently attended the 'Perfecting Your Practice' conference for Denturists. I met many other Denturists from across Canada and gained some very valuable information for the practice. I took many educational courses and seminars which I am very excited to put forth into my clinic.

Our clinic will be closed for summer holidays during the first two weeks of August. If you are thinking of getting new dentures, please keep this in mind. Dentures could take approximately 4-6 weeks to make, depending on the type that you need. Summer is very busy with weddings, graduations, family reunions, etc. and we always do our best to accommodate everyone!

I would also like to let you know that we are going to be offering a special 'Mouthguard Promotion' the week of August 15th for the low price of \$30.00 each. That's an incredible savings of \$20.00 off of our regular price! We use Pro-Form laminates and each Mouthguard is custom fitted. This is just in time for the hockey season and various sports that will be starting up as 'Back to School' approaches.

I look forward to seeing you in the near future! Have a great summer and enjoy this beautiful weather that we are having!



*All the best + Happy Canada Day!*

*Kim*



## Information about New Dentures

There is a settling in period for new dentures. Sometimes they aren't tight at the moment of fitting as it takes a little while for the gums to take up the new shape of the dentures. This will allow the upper to gain its full suction and the lower to settle into place. Settling fully may take up to 2-4 weeks. This can be somewhat challenging as sore spots may develop. This is normal and expected. We always book follow up appointments just in case adjustments are required. There is no extra cost for this service. You must not suffer with soreness and we are here to help you during this time.

You can also expect to undergo a period of awkwardness while getting used to the dentures. You may feel like you have a mouthful and that they seem too big. This feeling will pass and disappear over time. I have also heard patients say that they feel like gagging or have excessive saliva, but this feeling will also pass in a short time after wearing your dentures. Patience is a necessity while learning to use your new dentures. You have a new foreign object in your mouth and you need to retrain your tongue. That's why speaking may seem strange at first. Your tongue has to learn where your teeth are. I would strongly recommend that you practice speaking out loud when reading or singing out loud when listening to your favourite music station. This can be quite helpful!

Eating and the taste of food will be different too. It is important to practice eating with them slowly by taking in small amounts of food while chewing slowly and evenly until you've become accustomed to them. Everybody adjusts differently, with a little patience and understanding of the process, you will be used to them in no time.

## Recipe

## Fresh Fruit &amp; Yogurt Ice Pops

2 cups of fresh fruit  
2 cups of plain or vanilla yogurt  
1/4 cup white sugar  
8 small paper cups + 8 popsicle sticks

Place fruit, yogurt & sugar into a blender. Blend until smooth. Fill paper cups 3/4 cups full with mixture. Cover each cup with aluminum foil and poke a popsicle stick through the centre of the foil of each cup. Place the cups in the freezer for at least 5 hours. To serve, remove the foil and peel of the paper cup. Enjoy!

*"We Love To Make You Smile"*



**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.



## Helpful Tips

While on vacation away from home, your routine changes. You are in a different environment and most likely eating different foods that you wouldn't normally. To avoid unfortunate mishaps such as breaking a tooth etc., you may want to consider taking a back up denture as a precaution. Also, it is very important to clean your dentures, if you forget denture cleaner, then just use liquid dish soap and scrub with your denture brush.

