



A Word from Kim

Hello everyone! Wow! October is here already! We have had such an incredible summer and I hear that they are predicting a mild Fall. Fall is my favourite time of year. I got married in the Fall and I love being out in the crisp, fresh air, watching my children play in the leaves.

This month I have decided to discuss what to expect with new dentures. New dentures are a commitment and require patience. They are not your natural teeth, so they will work differently. It will take a bit of time to get used to them and how they work. It is important that you are aware and understand that there will be a transition period. Once you get used to them, it can be life changing and you will see how wonderful dentures really are!

I am proud to say that I have been a Denturist for over 20 years! It has been very rewarding as well as challenging! One of my greatest satisfactions is giving back smiles to my patients! I just love the end result! October is Denturist Awareness month and we are offering free, Oral Screenings. Call the clinic to book your appointment.

"We Love To See You Smile!"

All the best,

Kim



What to Expect with New Dentures

New dentures are not often tight at the moment of insertion and usually take several days for your dentures to settle into your mouth. When this happens, they will become tighter. The gums need time to take the shape of your new dentures. The upper needs to gain its full suction and the lower to settle into place.

During the next 2-4 weeks your gums may become sore as the denture settles deeper into your mouth. This soreness is normal and we can adjust your dentures to alleviate some pressure. You may bite your tongue and cheeks. This will often correct itself after a short time when the muscles have adjusted themselves. You might have a feeling of fullness in your mouth or speaking may seem strange or even difficult at first. This is because you have to retrain your tongue. It will know that you have something new or foreign in your mouth. The best remedy for this is to practice speaking. You can try reading a newspaper, book or magazine out loud or simply play your favourite music and sing along. You will be surprised at how quickly you will adjust to your new dentures.

New dentures whether it is your first set or a replacement set are going to be different than what you have had. So biting off food and chewing will be a totally new experience. Try eating slowly and taking in smaller amounts of food. Taste may be affected in the beginning, however, keep in mind that taste buds are only present on your tongue, not the palate. Food will regain its taste with time and practice.

While you are learning to wear your new dentures, it is necessary to have patience. Do not feel discouraged, as this is normal. It will all be worth it in the long run, just be aware of what to expect. I am certain that in time, you will feel confident and comfortable with your new dentures. We are here to assist you along the way and we will provide you with the necessary adjustments as needed.

Recipe

FALL APPLE CRISP

- 4 medium tart cooking apples, sliced (4 cups)
- 3/4 cup packed brown sugar
- 1/2 cup all-purpose flour
- 1/2 cup quick cooking old fashioned oats
- 1/3 cup butter or margarine softened
- 3/4 teaspoon ground cinnamon

Heat oven to 375 degrees. In an 8" pan spread sliced apples in pan. In medium bowl, stir remaining ingredients until well mixed. Sprinkle over apples, so that they are all covered. Bake 30 minutes or until topping is golden brown. Serve with vanilla ice cream. 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

Should dentures be worn at night? It is advisable to remove dentures to protect your gums if you grind your teeth. It also allows your saliva to wash around your mouth naturally, cleansing your gums. This will help reduce the chances of gum infections and bad breath. If you are uncomfortable removing your dentures, it is important that you brush your gums with a soft brush to keep them healthy. Always clean your dentures as you would your natural teeth. If dentures are not in your mouth, keep them in water, so that they do not dry out.

