

Services Guide

Denturist

**NOTE 1: This information is pulled from credible sources. This information is a guide. Any information used from this guide must be re-contextualized (no copying and pasting). Re-contextualize information incorporating SEO and business specifics.*

**NOTE 2: For MCP websites, stick to general information and avoid specifics.*

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1. DENTURIST OVERVIEW

1.1 GENERAL INFORMATION

<http://www.denturist.org/>

<https://en.wikipedia.org/wiki/Denturist>

- A denturist is a dental healthcare professional, but is not a dentist. Also not an oral surgeon, although some denture treatments include oral surgery. A prosthodontist is a dentist who specializes in dental prosthetics.
- Suffix title is DD, means “Diploma in Dentistry.” (i.e. Joe Smith, DD)
- Canadian denturist schools are 2- or 3-year programs with a possible additional year of internship under a licensed denturist. Additional post-secondary schooling considered an asset but not required.
- Denturism is recognized as a profession and regulated in all Canadian provinces. Denturists are licensed by their province’s College of Denturists.

1.2 SEO

- Please note: these are based on Google adwords rankings. “Fake teeth” and “false teeth” both appear on these rankings, although it’s likely that denturists might want to avoid these terms, so I omitted them.

KEYWORDS (FIRST ROW - BEST, LAST ROW - LEAST)

• Dentures	• Partial Dentures	• Reline Dentures	• Fixed Dentures
• Denture Repair	• Denture Clinic	• Overdentures	• Denturist
• Denture Implants	• Permanent Dentures	• Denture Adhesive	• Full Dentures
• Implant Supported Dentures	• Complete Dentures	• Immediate Dentures	• Flexible Dentures
• Types of Dentures	• One Day Dentures	• Same Day Dentures	• Temporary Dentures

1.3 GENERAL BENEFITS

- Regain confidence by returning teeth to a more youthful appearance.
- Eat the foods you enjoy.
- Easier to speak without missing teeth.
- Goal is always for dentures to be comfortable and secure (i.e. not irritating gums and not falling out). Emphasis is often on leading an active lifestyle and participating in the activities you enjoy without worrying about dentures staying in place.

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- If you have missing teeth, jaw will shrink and face becomes sunken. Dentures can help to prevent this.

2. TYPES OF DENTURES

2.1 COMPLETE DENTURES

<http://www.colgate.com/en/us/oc/oral-health/cosmetic-dentistry/dentures/article/what-types-of-dentures-are-right-for-you-1015>

General:

- Dentures for replacing a full set of teeth are called **complete dentures** or **full dentures**. To replace teeth in the upper jaw, these dentures include a flesh-colored acrylic base that covers the gums and the roof of the mouth, allowing an entire set of false teeth to sit firmly. Full dentures for the lower mouth are similar, but the acrylic base is shaped like a horseshoe to avoid covering the tongue.
- Teeth are removed prior to fitting full dentures. This causes the jawbone to change shape. If patient has immediate dentures, these will need to be refitted at a later date. Patient may get immediate dentures following tooth extraction and then new/permanent dentures at a later date.
- Standard complete dentures (non-implant supported) are removable

Types of Complete Dentures:

<https://www.sharecare.com/health/dental-oral-health-teeth/what-are-conventional-dentures>
<https://www.sharecare.com/health/dentures-and-seniors-health/how-immediate-dentures-differ>

Complete Denture Type	Description	Benefits
Conventional Dentures	<ul style="list-style-type: none">○ Conventional dentures are a full removable denture. It is made and placed in your mouth after the remaining teeth are removed and tissues have healed. This may take several months.	<ul style="list-style-type: none">○ Fitted and placed after gums have healed from teeth extraction. They can be long lasting because jaw has settled into shape.
Immediate Dentures	<ul style="list-style-type: none">○ With immediate dentures, the denture wearer does not have to be without teeth during the healing period. An immediate complete denture is inserted as soon as the	<ul style="list-style-type: none">○ Patient never has to be without teeth.○ The jaw will change shape as it heals from extraction, so future relines/rebases will be

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	<ul style="list-style-type: none">remaining teeth are removed.○ Fitted and created before remaining teeth are extracted so that it is ready in time for extraction.	necessary.
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2.2 PARTIAL DENTURES

<http://www.mouthhealthy.org/en/az-topics/d/dentures-partial>

http://www.cda-adc.ca/en/oral_health/procedures/bridges_dentures/bridges.asp

General:

- Partial dentures refer to dentures that only replace some of the teeth. Some natural teeth remain.
- There are a number advantages to keeping some of your natural teeth (as opposed to extracting them all and inserting complete dentures):
 - Since denturist won't be extracting all teeth, the gums won't need to heal from surgery.
 - Can start wearing dentures immediately.
 - Preserving natural teeth allows for a more natural look and comfortable feel.
 - The jaw will shrink less if some natural teeth/roots are preserved. Your jawbone will be stronger and more likely to be able to support implants.

Types of Partial Dentures:

Type	Description	Benefits
Removable Partial Dentures	<ul style="list-style-type: none">○ Removable partial dentures usually consist of replacement teeth attached to pink or gum-colored plastic bases. A partial denture may have a metal framework and clasps that connect to your teeth, or they can have other connectors that are more natural looking. In some cases, a removable partial denture is made to attach to your natural teeth with devices called precision attachments.○ Crowns on your natural teeth are sometimes needed to improve the fit of a removable partial denture and	<ul style="list-style-type: none">○ Keeping natural teeth preserves strength of jaw (see general notes above)

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	they are usually required with attachments.	
Fixed Partial Dentures (Dental Bridge)	<ul style="list-style-type: none">○ A bridge is a dental restoration that replaces one or more missing teeth. It extends across an area that has no teeth and is typically made up of an artificial tooth fused between 2 crowns. The bridge is held firmly in place by your own teeth on each side of the missing one(s) or by dental implants. A bridge is permanent and cannot be removed.	<ul style="list-style-type: none">○ Permanent and secure.○ If patients take care of bridge, it generally lasts for 10 years or longer.

2.3 IMPLANT-RETAINED DENTURES

<http://www.colgate.com/en/us/oc/oral-health/cosmetic-dentistry/dentures/article/implant-supported-denture>

General:

- Also known as **implant-supported dentures** or **overdentures**.
- An implant-supported denture is supported by and attached to implants. A regular denture rests on the gums, and is not supported by implants. An implant-supported denture is used when a person doesn't have any teeth in the jaw, but has enough bone in the jaw to support implants.
- A dental implant is an artificial root made of titanium metal. It is inserted into the jawbone to replace the root of the natural tooth. An artificial replacement tooth is attached to the implant. The implant acts as an anchor to hold the replacement tooth in place.
- A one-stage procedure is now used sometimes. In this procedure, your dentist can place the implants and the supporting bar in one step. The success rate of this procedure is high.

Implant-Retained Dentures Process:

<http://www.colgate.com/en/us/oc/oral-health/cosmetic-dentistry/dentures/article/implant-supported-denture>

<http://denturistassociationofalberta.com/denturist-services/implant-retained-dentures>

Steps	Description
1. Reference to Oral Surgeon	<ul style="list-style-type: none">○ Visit dentist, who has specialized training in the diagnosis, assessment and treatment of missing teeth.

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	<ul style="list-style-type: none"> ○ If you choose to go with implant-retained dentures, your denturist can refer you to a dentist who specializes in oral implant surgery. Once your implant procedure is complete, the dentist will refer you back to your denturist for the design, fabrication and fitting of your dentures.
2. Surgery 1	<ul style="list-style-type: none"> ○ Visit a prosthodontist or dentist with special training. Denturist usually not qualified to do dental surgery. ○ The first surgery involves placing the implants in the jawbone. During the first surgery, an incision is made in the gum where the implant will be placed. A hole is drilled in the bone, the implant is placed into the hole, and the incision is stitched closed. ○ After the first surgery, the dentist will wait 3 or 4 months if implants were placed in the lower jaw, and 5 or 6 months if they were placed in the upper jaw, before scheduling the second surgery. During this time, the bone and the implants integrate (attach and fuse).
3. Surgery 2	<ul style="list-style-type: none"> ○ Once the implants have become fused with the bone, the second surgery can be scheduled ○ A small incision is made in your gum to expose the tops (heads) of the implants. ○ A healing cap (collar) is placed on the head of each implant after it is exposed. This guides the gum tissue to heal correctly. The collar is a round piece of metal that holds the gums away from the head of the implant. About 2 weeks after the second surgery, the healing caps will be replaced with regular abutments.
4. Try-In and Insertion	<ul style="list-style-type: none"> ○ You will have the first try-in of your new denture framework to see if it fits properly. ○ The teeth are temporarily placed on the framework in wax. The whole denture is then tried in your mouth. If everything works well, the teeth are secured in the denture framework permanently.

Types of Implant-Retained Dentures:

<http://www.colgate.com/en/us/oc/oral-health/cosmetic-dentistry/dentures/article/implant-supported-denture>

Type	Description
Bar-Retained Dentures	<ul style="list-style-type: none"> ○ A thin metal bar that follows the curve of your jaw is attached to two to five implants that have been placed in your jawbone. Clips or other types of attachments are fitted to the bar, the denture or both. The denture fits

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	over the bar and is securely clipped into place by the attachments.
Ball-Retained Dentures	<ul style="list-style-type: none">○ Each implant in the jawbone holds a metal attachment that fits into another attachment on the denture. In most cases, the attachments on the implants are ball-shaped ("male" attachments), and they fit into sockets ("female" attachments) on the denture. In some cases, the denture holds the male attachments and the implants hold the female ones.

Benefits of Implant-Retained Dentures:

<http://www.colgate.com/en/us/oc/oral-health/cosmetic-dentistry/dentures/article/implant-supported-denture>

Benefits
<ul style="list-style-type: none">○ More secure in your mouth – you will be able to participate in same activities you always have without worrying about dentures slipping out
<ul style="list-style-type: none">○ Confidence to eat, speak, chew
<ul style="list-style-type: none">○ Jawbone won't shrink or weaken – artificial roots will allow bone to retain its size and strength
<ul style="list-style-type: none">○ No denture adhesives needed

Requirements of Implant-Retained Dentures:

http://www.cda-adc.ca/en/oral_health/procedures/dental_implants/

Requirements
<ul style="list-style-type: none">○ Good general health (be able to recover after surgery)
<ul style="list-style-type: none">○ Healthy gums
<ul style="list-style-type: none">○ Enough jawbone to hold implant (those who are missing numerous teeth will find that their jawbone shrinks and, over time, may not be able to support implants).

2.4 IMMEDIATE DENTURES

<https://www.dentistry.uiowa.edu/patient-care-immediate-dentures>

General:

- An immediate denture is a complete denture or partial denture inserted on the same day, immediately following the removal of natural teeth.
- Immediate dentures are often **temporary dentures** a.k.a. **transitional dentures**. You wear them immediately following your oral surgery, and you get permanent dentures after your gums have healed and your jawbone has adjusted.

Immediate Dentures Process:

http://www.cda-adc.ca/en/oral_health/procedures/bridges_dentures/dentures.asp

<http://www.intelligentdental.com/2011/08/27/how-to-decide-between-immediate-dentures-and-standard-dentures/>

Steps	Description
1. Examination	<ul style="list-style-type: none">○ Visit denturist for an examination. A diagnosis and treatment plan is formulated.
2. Measurements	<ul style="list-style-type: none">○ Your dentist takes measurements and makes models of your jaws. Immediate dentures are made before your teeth are removed.
3. Extraction and Insertion	<ul style="list-style-type: none">○ Once your teeth are extracted, your dentist inserts the immediate dentures. You will never be without teeth.○ Back teeth may be extracted first and allowed to heal before the front teeth are extracted and the implant is inserted.
4. Adjustments	<ul style="list-style-type: none">○ Your jawbones and gums shrink following extraction. This means your immediate dentures may need to be relined at subsequent appointments in order to maintain a proper fit.
5. Replacement	<ul style="list-style-type: none">○ The healing process takes up to 6 months. After this, you may need your dentures adjusted, or an entirely new set of permanent dentures.○ This is an optional step – conventional immediate dentures can serve as a long-term prosthesis with adjustments.

Benefits of Immediate Dentures:

<https://www.dentistry.uiowa.edu/patient-care-immediate-dentures>

Benefits of Immediate Dentures

- You will never need to appear in public or eat without teeth.
- It is easier to duplicate the shape, color and arrangement of your natural teeth while some are still present in your mouth.
- When an immediate denture is inserted at the time of extraction, it will act as a Band-Aid to protect the tissues and reduce bleeding.
- An immediate denture will allow you to establish your speech and eating patterns early. You will never need to chew/speak without a denture in place.

Disadvantages of Immediate Dentures:

<http://www.intelligentdental.com/2011/08/27/how-to-decide-between-immediate-dentures-and-standard-dentures/>

Disadvantages of Immediate Dentures

- Errors are possible, since measurement takes place with teeth in and fitting takes place with them having been extracted.
- Can't be tried on ahead of time, so you won't know how it will look ahead of time.
- Increased cost compared to other options.
- More adjustment appointments needed down the line because of changes in jaw structure during healing. Lots of chair time.

2.5 TRANSITIONAL DENTURES

<http://www.intelligentdental.com/2011/08/27/how-to-decide-between-immediate-dentures-and-standard-dentures/>

General:

- This is a type of immediate denture, also known as **temporary dentures** or **interim dentures**.
- Transitional partial denture can be known as a **flipper** denture. Flippers are cheap and are often only used immediately following an implant or during the healing process after an extraction.
- The prosthesis allows for the addition of more artificial teeth as more natural teeth are lost.
- There are no artificial back teeth – just acrylic bite pads.

Steps	Description
Basically the same steps as with an immediate denture	<ul style="list-style-type: none">○ Difference is that there won't be adjustments for long-term use – it will be replaced once healing is complete and you're ready for your permanent dentures or implants.
Teeth addition	<ul style="list-style-type: none">○ If you have a flipper (temporary partial denture), teeth can be added if more are removed.

Benefits of Transitional Dentures:

- Mostly the same as with transitional dentures – patient won't have to be without teeth in public.

2.6 STANDARD VS PRECISION DENTURES

Type of Dentures	Description
Standard Dentures	<ul style="list-style-type: none">○ Standard dentures may fit comfortably and function reasonably well.○ They are constructed using physiological averages on a non-adjustable machine.
Precision (Premium) Dentures	<ul style="list-style-type: none">○ A precision denture provides maximum function and comfort.○ Precision dentures incorporate extensive measurements of your TMJ (temporal mandibular joint – jaw joint) as well as your oral cavity. These measurements are transferred to a precise semi-adjustable instrument that closely duplicates the natural movement of your jaw.○ The measurements allow the denturist to recreate the majority of intricate movements associated with eating. Further measurements guide the denturist in the placement of your teeth for maximum esthetics and speech with your new denture.○ Your prosthesis is handcrafted to match your age, complexion and facial features. Considerations such as the shape of your jaw line, lips, eyes, eyeglasses and hair color are noted

3. MAINTENANCE FOR EXISTING DENTURES

3.1 RELINES

<http://www.intelligentdental.com/2011/08/27/how-to-decide-between-immediate-dentures-and-standard-dentures/>

<http://denturistassociation.ca/page/rebase-relines-repairs>

General:

- When your denture doesn't fit as well as it used to and is uncomfortable or unstable, your denturist will add new acrylic base material is added to the inside of your denture.
- This relining procedure will make the denture fit better. You'll be able to adjust the fit without needing a needing an entirely new denture.
- Relining affects only the fit of your denture and will not change the appearance.
- This is particularly important for immediate dentures, since your jaw will change a lot in the months following extraction surgery.

Reasons for Relining:

<http://www.intelligentdental.com/2011/08/27/how-to-decide-between-immediate-dentures-and-standard-dentures/>

<http://denturistassociation.ca/page/rebase-relines-repairs>

Relines are required when jaw tissue changes occur due to resorption (shrinkage). Resorption can take months or years to happen.

Reasons Resorption Happens

- Weight loss
- Loss of teeth
- Bone loss as gums and jaw heal and shrink following surgery. Your jaw bone will shrink following extraction and relining will be required to maintain a good fit.
- Normal aging
- Disease or illness

3.2 REBASES

http://www.denturist.bc.ca/reline_rebase_repairs.html

<http://denturistassociation.ca/page/rebase-relines-repairs>

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General:

- Rebasing is usually done when the denture teeth have not worn out in comparison to the denture base material. It is a process of retrofitting dentures by replacing all of the pink acrylic denture base with new acrylic, which provides a stable denture without replacing the denture teeth.
- The procedure is similar to relining. The difference being is that, a rebase replaces all the pink-acrylic denture base material. The existing teeth remain in the exact same place.
- To summarize above: same artificial teeth, new pink acrylic base

Reasons for Rebasing:

<http://www.intelligentdental.com/2011/08/27/how-to-decide-between-immediate-dentures-and-standard-dentures/>

<http://denturistassociation.ca/page/rebase-relines-repairs>

Reasons for Rebasing

- Broken denture
- Weakened or old pink acrylic denture base
- Immediate denture that requires major changes due to jaw changing and shrinking while healing following surgery.

3.3 REPAIRS

http://www.denturist.bc.ca/reline_rebase_repairs.html

<http://denturistassociation.ca/page/rebase-relines-repairs>

General:

- Repairs restore a fractured or damaged denture close to its original condition.
- Most denturists can provide denture repair procedures on a same day basis.
- If your denture requires a repair, it may be indicative of underlying problems, including age of the denture, worn teeth, or poor fit.
- Your denturist will advise you of the condition of your denture and the necessary steps needed in preventing further breakage.

Reasons for Repairs:

<http://www.intelligentdental.com/2011/08/27/how-to-decide-between-immediate-dentures-and-standard-dentures/>

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<http://denturistassociation.ca/page/rebase-relines-repairs>

Reasons for Repairs

- Breaking or denture
- General wear and tear
- When 1 or more teeth need to be added to an existing partial denture (due to tooth extraction).

3.4 MAINTENANCE

<http://oralb.com/en-us/oral-care-topics/dentures-care-and-tips>

<http://www.webmd.com/oral-health/guide/caring-dentures>

Your dentures will last longer and fit better if you take proper care of them.

Steps	Description
Clean Dentures Daily	<ul style="list-style-type: none">○ Use a soft-bristle denture brush, designed specifically for cleaning dentures. Brush all surfaces of the dentures with water and be careful not to bend any attachments.
Don't Use Toothpaste or Abrasive Cleaners	<ul style="list-style-type: none">○ Brush your dentures each day without toothpaste. Many commercial types of toothpaste can damage dentures.○ Many household cleaners are too abrasive for dentures.○ Don't use bleach, since it discolours pink portion of the denture.
Rinse Dentures after Meals	<ul style="list-style-type: none">○ You can buy specialized denture cleaners for soaking dentures, but soaking is not a substitute for brushing. You need to brush the dentures to remove plaque.
Don't Let Them Dry Out	<ul style="list-style-type: none">○ When you aren't wearing your dentures, let them soak in cool water or a denture cleaning solution to keep them from drying out.○ Don't soak dentures in hot water – they could warp.○ Be careful of cleaning solutions if your dentures have metal attachments – the solutions could cause the metal to tarnish.
Remove Dentures Every Night	<ul style="list-style-type: none">○ Allow the gum tissue beneath them a chance to rest.
Don't Drop into the Sink	<ul style="list-style-type: none">○ When handling dentures, fill the sink with water or place a folded towel in the sink.

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	<ul style="list-style-type: none">○ Your dentures could break if you drop them into the sink during cleaning.
Don't Attempt Repairs Yourself	<ul style="list-style-type: none">○ If your dentures are broken or uncomfortable, don't do DIY repairs – bring them to your denturist.

3.5 SOFT LINER

<http://www.dentalservice.net/dentures/soft-liners/>

General:

- A soft liner is a layer of soft, pliable material that is fitted between the surface of a denture and your oral tissues. It absorbs shock between the hard base of your denture and your gums.
- Can be used in new dentures or retrofitted into existing ones.
- Soft liners provide comfort and relief for individuals with receded and flattened gum tissues that don't respond well to the stress of dentures.
 - They may be suitable for patients with chronically sore gum tissues or gums with sharp bony areas.

4. RELATED SERVICES

Not all denturists will necessarily perform these services, but some will.

4.1 SPORTS MOUTH GUARDS

<http://www.colgate.com/en/us/oc/oral-health/conditions/dental-emergencies-and-sports-safety/article/what-are-sports-mouth-guards>

General:

- Some denturists make custom sports mouth guards. These are designed specifically for your mouth and can be used in almost any sport you can imagine (particularly contact sports like wrestling, boxing, football and hockey).
- These are distinct from store-bought mouth guards (which can either come pre-formed or as “boil-and-bite” guards where you warm up the plastic and then bite down to fit it to your teeth).
- Your denturist makes an impression of your teeth and then constructs the mouth guard over a model of them.
- Mouth guards should ideally be replaced after each season because they can wear down over time, making them less effective. Replacement is especially important for adolescents because their mouths continue to grow and teeth continue to develop into adulthood.

Reasons Custom Mouth Guards Are Preferable to Store-Bought

- More comfortable than store-bought guards
- Provide the best protection
- Less bulky than store-bought
- Don't hinder breathing and talking as much as store-bought

4.2 BRUXISM GUARDS

<http://www.webmd.com/oral-health/guide/teeth-grinding-bruxism>

<http://www.colgate.com/en/us/oc/oral-health/conditions/bruxism/article/mouth-guard-for-teeth-grinding-five-signs-you-need-one-0214>

General:

- Bruxism is involuntary or habitual teeth grinding or jaw clenching, typically during sleep. It can wear down your teeth and, in bad cases, can require bridges, crowns, root canals, implants, partial dentures, or complete dentures.
- A bruxism guard is worn at night and protects your teeth from damage caused by grinding.
- Bruxism guard also known as **occlusal splint**.
- Denturist can fit you with a comfortable, custom-fitted night guard to protect your teeth when you sleep.

Symptoms of Bruxism

- Morning headache
- Painful, tight jaws in the morning
- Damaged teeth
- Broken dental fillings
- Injured gums
- Disturbing people sleeping next to you with grinding sounds

Causes of Bruxism

- Stress
- Body's reaction when teeth don't line up properly

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- Symptom of certain rare diseases
- Side effect of medication

4.3 ANTI-SNORING MOUTHPIECES

https://en.wikipedia.org/wiki/Sleep_apnea

<http://denturistassociation.ca/page/anti-snoring-appliances>

General:

- Snoring can disturb others and cause a dry mouth or sore throat.
- Heavy snoring can be a symptom of sleep apnea (a sleep disorder characterized by pauses in breathing or shallow breathing during sleep).
- A denturist can fit you with a custom-fitted oral appliance specially designed to treat snoring and sleep apnea.

Advantages of an Anti-Snoring Mouthpiece

- Reduces snoring and sleep apnea, allowing for better rest for you and those around you
- Small and easy to wear
- Light, so they are convenient to travel with
- Relatively inexpensive when compared to other alternatives, such as surgery and CPAP (constant positive air pressure) devices
- Non-invasive and non-surgical
- May be covered by insurance companies
- Fitting is simple and painless