

# Ask the Denturist

## How do I find the right Denturist?

**Finding the right Denturist** for you may require some research on your part. Ideally you want to find someone who will be there throughout your denture-wearing days. Why? So they get to know your lifestyle, your needs, and the ever-changing landscape of your mouth once it has lost teeth. Ask a friend or a family member who they've used and what they like about that person. Now with growing online presence, you can look up most Denturist's websites and find online reviews from previous patients. Finally look for one whose personality matches yours -- the success of your relationship will depend on your ability to have open communication and approach issues without hesitation or fear.

**Wearing an ill-fitting denture without having them regularly checked, can cause damage to your mouth that may require surgery**

## How long do dentures last?

Typically, dentures last between 5-10 years depending on use and upkeep. Denture teeth like regular teeth wear down and stain. The tissue in the mouth undergoes constant change and bones resorb (shrink) so your dentures will require rebasing/relining to keep up with these changes.

## Is it normal to have sore spots regularly?

It is not normal to have ongoing sore spots. Sore spots usually arise from ill-fitting or extremely loose dentures. When this happens contact your Denturist who can suggest ways to address this. If the problem is neglected long-term, the underlying tissue and bone may be permanently damaged making it very difficult to wear a denture comfortably in the

future. With dentures, it's best to be proactive not reactive! With regular visits, we can identify and prevent problems which is easier than reversing neglected trauma down the road.

## How should I keep my dentures clean?

I tell my patients to clean their dentures after every meal. When that's not possible, try to do so at the earliest opportunity to avoid staining and buildup of plaque/calculus. Always clean your dentures with a denture toothbrush and a good denture cleaner. Avoid using toothpaste, other gritty pastes, or powders as these abrasive materials may damage your denture. Ask your Denturist for what they recommend and which products to stay away from.

## Should I remove my dentures at night?

It's always a good idea to remove your dentures at night! My top three reasons:

1. It allows your tissue to breath, allowing old dead tissue to slough off while allowing new tissue to regenerate and grow.
2. It allows blood to circulate to the area while not under pressure -- allowing proper blood circulation and promoting a healthier environment.
3. It allows you to minimize and eliminate bad breath from bacteria trapped between the denture and the tissues.



**Robby Jaroudi**  
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