

Dentures at Core Dental Epping

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Description:

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Details:

Whether you're missing some teeth or all of them, well-designed dentures can restore your ability to eat, speak and smile with confidence. Core Dental Epping's dedicated dental prosthetist provides comprehensive denture services for patients across Melbourne's northern suburbs.

When Dentures Are the Right Choice

Tooth loss affects millions of Australians. According to national oral health surveys, around one in 20 adults has lost all their natural teeth, and many more are missing several teeth. The causes are varied — gum disease, decay, trauma, or teeth that were never replaced after extraction years ago.

Whatever the reason, missing teeth affect more than appearance. They change the way you eat (often limiting you to softer foods), the way you speak (some sounds become difficult), and the way you feel about yourself in social situations.

Dentures have been replacing missing teeth for centuries, and modern dentures bear little resemblance to the bulky, obvious prosthetics of the past. Today's dentures are designed using digital technology and fabricated from high-quality materials that mimic the appearance of natural teeth and gums.

At Core Dental Epping, denture services are provided by **Ahmed Saoud**, a qualified dental prosthetist who specialises in the design, fabrication and fitting of removable dental prosthetics. Ahmed works closely with the practice's dentists to ensure that every denture is comfortable, functional and natural-looking.

Types of Dentures

Full Dentures (Complete Dentures)

Full dentures replace all the teeth in one or both jaws. They consist of a gum-coloured acrylic base that sits over the ridge of the jaw, supporting a full arch of prosthetic teeth.

Upper full dentures typically include a palate (a plate covering the roof of the mouth), which helps with retention through suction. Modern designs can sometimes reduce the palate coverage for improved comfort and taste sensation.

Lower full dentures are generally more challenging because there's no palate for suction. Retention relies on the shape of the lower ridge, muscle control and, in some cases, denture adhesive. For patients with a flat lower ridge, implant-retained dentures (see below) can be life-changing.

Partial Dentures

Partial dentures replace some missing teeth while preserving the remaining natural teeth. They typically consist of:

- Prosthetic teeth on an acrylic or metal framework - Clasps or precision attachments that grip the remaining natural teeth for retention - A gum-coloured base that blends with your natural gum tissue

****Metal framework partial dentures**** (cobalt-chrome) are thinner, stronger and more comfortable than all-acrylic partials. The metal framework is custom-cast to fit precisely around your remaining teeth.

****Flexible partial dentures**** (such as Valplast) use a flexible, translucent material for the base and clasps, making them more discreet and comfortable for some patients.

Implant-Retained Dentures

Implant-retained dentures combine the coverage of a denture with the stability of dental implants. Two to four implants are placed in the jawbone, and the denture clips or locks onto the implants using special attachments.

****The benefits are significant:****

- ****Dramatically improved stability**** — The denture locks in place and doesn't shift during eating or speaking - ****Greater chewing force**** — You can eat a much wider range of foods, including harder and crunchier items - ****Improved speech**** — No slippage means clearer, more confident speech - ****Reduced bone loss**** — Implants stimulate the jawbone, slowing the bone resorption that occurs under conventional dentures - ****No adhesives needed**** — The implant attachments hold the denture securely

Implant-retained dentures can be either:

- ****Removable (overdentures)**** — The denture clips onto the implants but can be removed for cleaning - ****Fixed (hybrid dentures)**** — The denture is screwed onto the implants and can only be removed by a dentist

Ahmed Saoud works closely with the implant team at Core Dental Epping to design dentures that integrate precisely with implant attachments.

Immediate Dentures

Immediate dentures are placed on the same day as tooth extraction, so you never have to be without teeth. This is particularly important for patients having their remaining front teeth extracted — an immediate denture ensures you leave the appointment with a complete smile.

****How it works:****

1. Impressions and measurements are taken before your teeth are extracted 2. The denture is fabricated in advance based on these records 3. Your teeth are extracted, and the immediate denture is placed straight away 4. The denture is adjusted and relined over the following months as the gums heal and reshape

Immediate dentures typically need a reline or replacement once the gums have fully healed (usually after three to six months), as the underlying tissues change shape during the healing process.

The Denture Process at Core Dental Epping

Getting dentures is a process that involves several appointments. Here's what to expect:

Appointment 1: Consultation and Assessment

Ahmed Saoud will:

- Examine your mouth, gums and any remaining teeth - Discuss your needs, preferences and concerns - Explain the different denture options available - Take initial impressions of your upper and/or lower jaw - Provide a treatment plan with costs

Appointment 2: Detailed Impressions

Precise impressions of your gums and jaw ridges are taken using custom-fitted impression trays. These detailed impressions are essential for a denture that fits well and feels comfortable.

For patients with remaining teeth requiring extraction, this stage also involves planning the transition from natural teeth to dentures.

Appointment 3: Bite Registration and Tooth Selection

- **Bite registration** — Recording how your upper and lower jaws relate to each other, ensuring the denture teeth meet properly when you bite and chew - **Tooth selection** — Choosing the size, shape and shade of the prosthetic teeth to best match your natural appearance and facial features

Appointment 4: Try-In

A wax try-in (a trial version of your denture set in wax) is placed in your mouth so you can see and feel how the denture will look. This is your opportunity to:

- Check the appearance — tooth colour, size, shape and arrangement - Assess the bite — does it feel natural when you close? - Evaluate the fit — does the base sit comfortably on your gums? - Request adjustments before the final denture is made

Appointment 5: Fitting

Your finished denture is fitted and adjusted. Ahmed will check the fit, bite, retention and appearance, making any necessary modifications on the spot.

Follow-Up

It's normal for new dentures to require some adjustment as you get used to wearing them. Follow-up appointments in the weeks after fitting allow Ahmed to refine the fit and address any sore spots or comfort issues.

Living with Dentures

The Adjustment Period

New dentures take time to get used to. Most patients need two to four weeks to adapt fully. During this period, you may experience:

- **Increased saliva** — Your mouth treats the denture as a foreign object at first, producing more saliva. This settles within a few days. - **Minor soreness** — Small pressure points may develop as the denture settles. These are easily adjusted at a follow-up appointment. - **Altered speech** — Some sounds may feel different initially. Reading aloud helps your tongue adapt more quickly. - **Eating challenges** — Start with soft foods cut into small pieces, chewing on both sides simultaneously. Gradually reintroduce firmer foods as your confidence grows.

Caring for Your Dentures

Proper care extends the life of your dentures and helps maintain healthy gums:

- **Remove and rinse** after eating to clear food debris - **Brush daily** with a soft denture brush and non-abrasive denture cleaner (not regular toothpaste, which is too abrasive) - **Soak overnight** in water or a denture cleaning solution. Dentures should not dry out, as this can cause warping - **Clean your gums** — Even with full dentures, brush your gums, tongue and palate daily with a soft toothbrush to remove plaque and stimulate circulation - **Handle with care** — Dentures are fragile. Clean them over a folded towel or a basin of water to prevent breakage if dropped

Denture Adhesives

Denture adhesive can help improve the retention and comfort of conventional dentures, particularly lower dentures. However, if you find yourself relying heavily on adhesive, it may be a sign that your denture needs a reline or replacement, or that implant-retained dentures would be a better option. Discuss this with Ahmed Saoud at your next appointment.

When to See Your Dentist

Come back to Core Dental Epping if you experience:

- Persistent sore spots that don't resolve within a few days
- Loose or ill-fitting dentures (gum ridges change shape over time)
- Cracked, chipped or broken dentures
- Difficulty eating or speaking that doesn't improve with practice
- Any changes in your mouth, gums or remaining teeth

Regular Check-Ups with Dentures

Even if you have full dentures and no natural teeth remaining, regular dental check-ups are still important. Your dentist will:

- Check the health of your gums and oral tissues
- Screen for oral cancer
- Assess the fit and condition of your dentures
- Recommend relines or replacements when needed

Denture Repairs and Relines

Dentures can break, and gum ridges change shape over time. Core Dental Epping provides:

Denture Repairs

- Cracked or broken denture base repair
- Replacement of broken or lost denture teeth
- Clasp repair or replacement on partial dentures
- Emergency repairs (same-day where possible)

Denture Relines

Over time, the bone and gums beneath your denture change shape, causing the denture to become loose. A reline adds new material to the inner surface of the denture to improve the fit without replacing the entire prosthetic.

- ****Hard reline**** — A permanent adjustment that restores the original fit
- ****Soft reline**** — A cushioning material applied to the denture base, particularly beneficial for patients with thin or sensitive gum tissue

Regular relines (typically every two to three years) help maintain comfort and function.

Cost and Payment Options

The cost of dentures at Core Dental Epping depends on the type of denture, the materials used, the number of teeth being replaced and the complexity of the case.

****Payment options include:****

- ****HICAPS on-site**** — Claim your health fund rebate instantly. Core Dental Epping is a ****preferred provider**** for ****HCF****, ****CBHS**** and ****NIB****.
- ****Payright interest-free payment plans**** — For treatments from \$1,000 to \$20,000, spread over 3 to 30 months with no interest.
- ****CDBS**** — Some denture-related services for eligible children aged 2 to 17 may be covered under the Child Dental Benefits Schedule.

Ahmed will provide a detailed quote before any work begins.

Frequently Asked Questions

How long do dentures last?

With proper care, dentures typically last five to eight years before they need replacement. However, the fit may need adjustment through relines every two to three years as the gum ridges change shape.

Can I sleep in my dentures?

It's generally recommended to remove dentures at night to give your gums time to rest and to reduce the risk of fungal infections. Soak them in water or denture solution overnight.

Will people be able to tell I'm wearing dentures?

Modern dentures are designed to look natural. Ahmed Saoud takes great care in selecting tooth shapes, sizes and colours that suit your face, and the gum-coloured base blends with your natural tissue. Most people won't be able to tell.

Can I eat normally with dentures?

It takes practice, but most denture wearers learn to eat a wide variety of foods. Start soft, progress gradually, and use both sides of your mouth when chewing. Implant-retained dentures offer significantly better chewing ability than conventional dentures.

How do I know if I need new dentures?

Signs that your dentures need attention include: persistent looseness, frequent sore spots, visible wear on the teeth, difficulty chewing or speaking, and changes in your facial appearance (sunken cheeks or lips). If you're using increasing amounts of denture adhesive to keep your dentures in place, that's a strong signal that a reline or new denture is needed. The gum ridges beneath your denture change shape continuously, and what fitted well three years ago may be significantly loose today.

Should I consider implant-retained dentures?

If you're struggling with a loose lower denture, finding it difficult to eat certain foods, or feeling self-conscious about your denture slipping during conversation, implant-retained dentures could be life-changing. Even two implants in the lower jaw can dramatically improve denture stability. Ask Ahmed Saoud or one of the dentists at Core Dental Epping whether you might be a candidate.

Book Your Denture Consultation

Whether you need new dentures, want to explore implant-retained options, or need a repair or reline on existing dentures, Ahmed Saoud and the team at Core Dental Epping are here to help.

- **Phone:** (03) 9401 4622 - **National Booking Line:** 13 13 16 - **Email:**
epping@coredental.com.au - **Address:** Tenancy 3B/230 Cooper St, Epping VIC 3076 - **Hours:**
Monday to Friday 8:00 AM – 6:00 PM | Saturday 8:00 AM – 1:30 PM

The practice is approximately a 10-minute walk from **Epping Station** and serves patients from Epping, South Morang, Mill Park, Lalor, Thomastown and Wollert.

Core Dental Epping is part of the Smile Solutions Group. For complex cases requiring specialist prosthodontic care, referral to the Collins Street Specialist Centre is available.