



Learn About

Complete Dentures

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1. What are dentures?

Dentures are a custom-made medical device designed for a person without teeth. When a person loses one or more teeth and wants to replace them, it is done through a dental prosthesis (artificial teeth). The term "dentures" specifically refers to the complete replacement of all teeth, whether the upper teeth, lower teeth, or both.

2. Who should use dentures and why?

A person who has lost all their teeth, whether the upper teeth, lower teeth, or both, should use dentures. The primary reason for using dentures is to enable chewing food, and secondly, to avoid the appearance of missing teeth. Additionally, all non-liquid foods need to be chewed to facilitate swallowing and digestion, thereby allowing the body to obtain healthy and nutritious food.

3. Who prescribes dentures?

The person who orders the fabrication of dentures is a dentist.

4. How do you care for dentures?

Dentures should be cleaned after each meal with a hard-bristle brush and liquid soap. At night, if possible, they should be removed and soaked in water with baking soda or denture cleaning tablets. They should never be immersed in hot water.



5. How long do dentures last?

If dentures are of good quality, they should last a long time, provided the wearer maintains proper eating habits and adequate cleaning (see question 4). It is recommended to replace them every 5 years, but this also depends on how well the person takes care of them (see question 4). With proper use, they can last a long time, even more than 20 years.

6. Can you sleep with dentures on?

Yes, but it is recommended not to sleep with them (see question 4).

7. What dangers exist when using dentures?

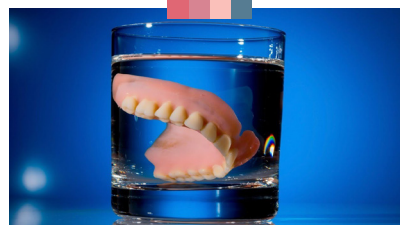
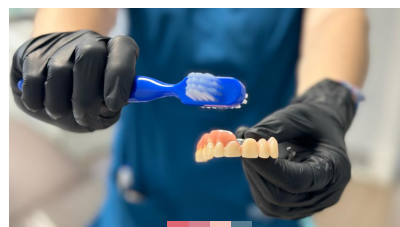
One danger is that the person may try to chew very hard foods, which can break the dentures. Another danger is that they might drop the dentures when removing them, causing them to break. Lastly, if the dentures are never removed, they can cause a mouth infection, leading to pain and bad breath. In such cases, the person should consult a dentist.



can be lighter or darker depending on the patient's skin tone. The teeth come in various shades, ranging from very white to yellowish tones, depending on the patient's skin color, age, eating habits, etc.

9. Recommendations for people with dentures:

- Do not chew very large or hard foods.
- Avoid excessive consumption of foods or liquids that can stain the teeth.
- When removing the dentures, place them in a safe place to avoid breaking them.
- Do NOT use bleach, toothpaste, or mouthwash to clean them.
- Clean them with hard-bristle brushes and liquid soap.
- Remove the dentures before sleeping if possible.



8. What material are dentures made of?

Dentures are made of acrylic, both the base, which replaces the patient's gums, and the teeth. The acrylic base is usually pink, which

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