



Article Side

A Cosmetic Dentistry Professional in NYC educates us on Dentures - Part III by [Dentalcarenyc](#)

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This article is in continuation to the article that was written earlier under the same Title and Introduction.

I often used to wonder as a child that how grandma took her teeth off and placed them back in the morning, I wished I could do the same with my teeth. These prosthetic teeth are known as dentures and are used all around the world by the elderly. These false set of teeth or dentures help to maintain the structure of an individual face along with allowing him/her to perform the other functional activities. Those hoping to get dentures customized for their teeth can easily walk in to one of the cosmetic dentistry clinics of New York City. A Cosmetic Dentistry NYC expert can easily perform this restorative dental procedure that involves fitting an individual with customized dentures.

A Cosmetic Dentist NYC expertise is helpful for those looking to get dentures fitted for their missing teeth. In the section below, one such professional helps to provide the complete knowledge about dentures and also tackles the various myths surrounding these prosthetic set of teeth -

Myth: People with dentures can easily chew their food with the front panel of teeth

Reality: Those who use dentures should bear in mind to never to bite hard foods with their front teeth as this may lead to soreness and bone loss of the lower ridge. Using dentures does not mean leaving certain kinds of food but changing the way in which certain foods are eaten. This means using a fork or knife to deposit the food in the mouth. In order to prevent any soreness in the mouth the food should not be chewed with front teeth.

Myth: Dentures need to be worn throughout the day

Reality: It was common for people to keep wearing dentures throughout the day in the past thinking that it's good for the teeth. However a cosmetic dentist NYC clinic will today recommend patients to remove their dentures in the night or during rest. This is important as it helps the gum tissue to rest. The tissue of the gum should also be cleaned with a soft tooth brush in order to prevent the onset of any infection.

Myth: Once fitted the dentures do not break and may last a lifetime

Reality: Most Cosmetic Dentistry NYC clinics use dentures made from the best quality of material that is unbreakable. However they do not promise to last throughout life as they need to be realigned and in some cases may be changed because of any cracks or quality.

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