

# New lower denture may amplify problems

**Q: My upper denture is perfect! Why can't I just get a lower denture?**

**A:** Fitting upper dentures is relatively simple for most dentists when the jaw structures are ideal. The broad, hard surface of the palate provides predictable stability if the denture fits even moderately well. Suction, created by the surface tension of a thin layer of moisture between the palate and the denture surface, is easily achieved under ideal conditions. In contrast to the lower arch, impressions are much more readily obtained of the maxilla.

By far, most denture wearers complain about the way that their lower dentures fit. Often they report that their lower denture is less than a year old, but their upper denture is much older. I am uncertain of the reason for this, but I suspect it is



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because the dentist who made those dentures was attempting to save the patient the cost of another denture. However, the concept of how denture stability is achieved was sacrificed.

The anatomy of the lower jaw is much more complex, and impressions are much more technique sensitive than those of the upper arch. The ridge is narrow, and surface tension and suction is impossible to achieve. Although good impressions are extremely important, stability during function is predominantly due to the way that the bite is calibrated to function with the upper denture.

Denture stability and comfort can only be predictably achieved when

ideal balance is created with new upper and lower dentures in a proper three-dimensional relationship. This is the only way by which denture teeth can be individually set to function in harmony with their counterparts. Although it may seem that only having a denture made on one arch may be less expensive, in the long run satisfied denture wearers have had both dentures made simultaneously according to ideal techniques and standards.

If you are experiencing difficulty chewing with your existing dentures, please contact our office for a complimentary denture consultation.

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