

Flexible partial denture

This softer material allows this type of partial denture to flex and bend to fit the shape of the patient's mouth.

Flexible dentures don't require metal clasps to stay in place, which can be more comfortable to wear and less likely to show when smiling or speaking than traditional dentures.



What are Flexible Dentures Made Of?

Dentures need to be durable and strong, but they should also be comfortable and function well for those wearing them.

Flexible dentures have been around since the 1950s, with the first type made from Valplast, a nylon-based material. However, flexible dentures only gained mainstream usage in the 70s and 80s, using thermoplastics such as:

1. Nylon (polyamides)
2. Polyester (polyethylene terephthalate)
3. Polycarbonates
4. Acrylics (polymethylmethacrylate – PMMA)
5. Polypropylene
6. Acetal resin (polyoxymethylene).

Types of Flexible Dentures

Flexible dentures are a type of partial denture, and they are softer and more flexible than conventional dentures. The most popular brands of flexible dentures include:

1. **Valplast.** These dentures use a biocompatible nylon thermoplastic. Valplast's makers claim that they adapt effortlessly to constant movement in the mouth.
2. **FlexiLytes.** This brand of denture is made from nylon, is biocompatible, and is claimed to be long-lasting.
3. **Flexites.** These dentures use vinyl composite instead of nylon, which some dental labs say makes it easier for the wearer to adjust to.
4. **Sunflex.** This brand of denture offers a virtually invisible base that's durable and metal-free.
* Sunflex claims the dentures are more stain-resistant than other brands and can also be relined and repaired.

Advantages of Flexible Partial Dentures

Flexible partial dentures have the following benefits:

1. They have no unsightly metal parts, as they don't require metal clasps.
2. They're more comfortable to wear and for the wearer to chew and eat due to the thin and flexible thermoplastic resin material.
3. They're less likely to cause irritation.
4. They can be faster to make when compared to conventional dentures.
5. They're easier to place and stay in the mouth thanks to the undercuts of the alveolar (bone) ridge.
6. The base can be thinner than traditional dentures, as the thermoplastic materials are more durable.
7. The materials used in flexible dentures present no risk of allergic reaction.

8. They're less likely to break when dropped.
9. Thermoplastic nylon resin materials are biocompatible materials.
10. They're stain and odor-resistant.

Disadvantages of Flexible Partial Dentures

Flexible dentures have the following downsides:

1. They can't replace all your teeth, so they're only available as partial dentures. If you require full dentures, then you'll need to use conventional varieties.
2. They can be much harder to adjust, as the techniques used in making traditional dentures are more stable than those in flexible dentures.
3. When compared to normal dentures, they're not as strong.
4. They can have a shorter lifespan than normal dentures.
5. They can only be used by those with good oral hygiene habits, as these types of dentures require strict hygiene and care.
6. It's possible that, over time, certain materials may show color degradation.

How to Clean Flexible Dentures?

Just like with natural teeth, your dentures require regular cleaning and care. Follow these steps to keep your flexible dentures clean:

1. Before you start cleaning your flexible dentures, fill up a sink with water or stand over a folded towel in case you accidentally drop the denture.

2. Now, take your flexible denture out and wash it in cold water.
3. Next, moisten your denture brush (a regular, soft-bristled toothbrush also works great), apply denture cleaner or a non-abrasive toothpaste, and start gently brushing your flexible dentures to remove food deposits, any remains of denture adhesive, and plaque.
4. When you have finished, rinse your flexible dentures off one more time, now in warm water.

Are Flexible Dentures Right for You?

Dentures are very personal, and your needs may vary from someone else's. You may prefer to go for alternatives like Dental implants. However, if you're considering partial dentures, then you may want a flexible denture if you

- have tilted teeth and find rigid dentures challenging to insert
- are allergic to acrylic
- have irregular bone ridges which cannot be fixed
- suffer from limited mouth openings.

THANK YOU