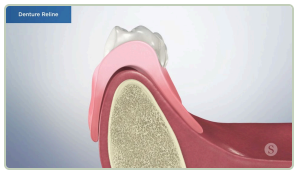
Why a denture stops fitting.

A denture that has become loose usually hasn't changed at all. Your jaw has. The ridge underneath shrinks year on year, and the denture no longer matches it.



A gap opens up between the denture and the ridge as bone resorbs beneath it.



A reline adds new material to the fitting surface to close that gap.



Same denture, new fit. Far cheaper than remaking it.

Why the ridge shrinks

- Bone that isn't holding teeth gradually resorbs. It's normal and it doesn't stop.
- It's fastest in the first year after teeth are removed, which is why immediate dentures need relining early.
- It continues slowly for life, so relines are maintenance rather than a fault.
- A denture that's loose isn't a sign anything was made badly.

What we can do

- **Reline:** new material on the fitting surface. Usually a day or two, sometimes the same visit.
- **Rebase:** the whole acrylic base is replaced, keeping the teeth.
- **Repair:** a crack or a lost tooth is usually fixable. Keep every piece and bring them.
- **Implant-retained:** two implants can hold a lower denture firmly. It is transformative for anyone whose lower denture has never felt secure.
- **Remake:** when the teeth are worn or the base has been relined too many times.

Don't do this

941-373-1616 · Denture adhesive is a short-term bridge, not a solution to a poor fit.

- **Never use a home reline or repair kit.** They damage the denture, usually beyond rescue, and they irritate the tissue underneath.
- Don't file or adjust it yourself — a sore spot is a five-minute fix here.
- Don't wear a loose denture for months. It accelerates the bone loss making it loose.
- Call if it rocks, rubs, clicks when you talk, or has become hard to keep in.

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