

# Dental Care in Your 60s and Beyond - Protecting Your Smile for Life

Canonical:

<https://directory.smilesolutions.com.au/dental-care-in-your-60s-and-beyond-protecting-your-smile-for-life/>

## Description:

# Dental Care in Your 60s and Beyond - Protecting Your Smile for Life Dental care in your 60s, 70s and beyond is about preservation, comfort and quality of life. Your teeth have served you for decade...

## Details:

Dental care in your 60s, 70s and beyond is about preservation, comfort and quality of life. Your teeth have served you for decades, and with the right care, they can continue to do so. Modern dentistry offers solutions for every challenge this stage of life presents.

### ## Implants vs Dentures - The Real Comparison

For those who have lost multiple teeth, the traditional answer was dentures. They still have a role, but dental implants have transformed what is possible. Implants are fixed in place, feel natural, preserve jawbone and restore full chewing function. Dentures, while more affordable, can slip, restrict food choices and accelerate bone loss over time.

For patients tired of dentures, All-on-4 treatment offers a life-changing alternative. Four strategically placed implants support a full arch of fixed teeth - often completed in a single day. At Smile Solutions, specialist oral surgeons and prosthodontists collaborate on All-on-4 cases, delivering the surgical precision and restorative artistry this treatment demands.

### ## Managing Medications and Oral Health

By their 60s, most people take multiple medications. Many of these - including blood pressure drugs, antidepressants, antihistamines and osteoporosis treatments - affect oral health. Dry mouth remains the most common issue, dramatically increasing decay risk. Blood thinners require careful management before any surgical procedure. Bisphosphonate medications (for osteoporosis) need specific protocols before extractions or implant surgery. Always keep your dental team informed of every medication you take.

### ## Dry Mouth - A Serious Concern

Saliva does more than keep your mouth comfortable - it neutralises acids, washes away bacteria and helps remineralise teeth. When saliva production drops, decay can develop rapidly, even in patients who have never had significant dental problems. Strategies include prescription-strength fluoride, saliva substitutes, sugar-free lozenges and adjusting medication timing where possible.

### ## Root Decay and Exposed Surfaces

As gums recede with age, root surfaces become exposed. Roots lack the protective enamel that covers the crown of the tooth, making them highly susceptible to decay. Root cavities can progress quickly and are often difficult to detect without professional examination. Regular specialist check-ups are essential for early detection.

### ## Maintaining Existing Crowns and Bridges

Crowns and bridges placed years ago require monitoring. The margins where crown meets tooth are vulnerable to decay, and the supporting teeth may have changed over time. A crown placed at 45 may need replacement at 65 - not because it failed, but because the tooth underneath has changed. Proactive assessment prevents emergencies.

### ## Full Mouth Rehabilitation

For patients facing multiple complex issues - failing restorations, advanced gum disease, extensive tooth loss, bite collapse - full mouth rehabilitation offers a comprehensive solution. This involves rebuilding the entire dentition with a coordinated plan across multiple specialties. Smile Solutions is uniquely positioned for this work, with 25+ specialists across every discipline collaborating on complex cases within one integrated practice spanning 5 floors.

### ## The Importance of Regular Periodontal Care

Gum disease is the leading cause of tooth loss in older adults. Even with excellent home care, professional periodontal maintenance is essential. Specialist periodontists monitor bone levels, manage pockets and intervene early when disease activity flares. At Smile Solutions, the periodontal team provides structured maintenance programs tailored to each patient's needs.

### ## Living Well with Your Smile

Dental health in your 60s and beyond directly affects nutrition, confidence and overall wellbeing. With 33 years of experience caring for patients across every life stage, Smile Solutions understands the unique challenges and opportunities this stage presents. Browse the [Smile Solutions directory](<https://directory.smilesolutions.com.au>) to explore the specialist team, or book a comprehensive assessment to plan your care with confidence.