

Daily Dental Routine Planner & Weekly Checklist

Choose the steps that apply to you. Follow your dental team's instructions for dentures, implants, bridges, and other dental work.

Name / date:

Morning

- ☐ Brush natural teeth for two minutes with fluoride toothpaste.
- ☐ Use a soft brush, gentle pressure, and clean all surfaces.
- ☐ Gently clean my tongue; complete denture care if applicable.

Once daily

- ☐ Clean between natural teeth with an appropriate tool.

My chosen time / tool:

Evening

- ☐ Brush natural teeth again for two minutes with fluoride toothpaste.
- ☐ Clean between teeth if I have not already done so.
- ☐ Follow my instructions for removable dentures overnight.

Removable dentures and personalized care

Remove and clean dentures daily as directed. Gently clean gums, tongue, and palate. Follow your dentist's removal and storage instructions.

My denture storage / additional care instructions:

Weekly Dental Care Checklist

Week beginning:

Mark a check for completed, a dash for missed, or N/A if not applicable. This is a reminder, not a score.

Daily step	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Morning brushing: natural teeth							
Evening brushing: natural teeth							
Clean between natural teeth							
Clean removable dentures							
Clean tongue / tissues as instructed							
Denture overnight instructions							
My additional care step							

My additional care step:

What helped / what was difficult this week:

Questions / next appointment / office phone:

Contact your dentist about new pain, swelling, a loose tooth, persistent bleeding, or a sore that does not heal.
Source: ADA, Brushing Your Teeth.