

Denture Checkup & Fit Review Sheet

For full or partial denture wearers: track fit, comfort, mouth changes, and questions for your dentist

DENTURES STILL NEED PROFESSIONAL CHECKUPS

Even with no natural teeth, your gums, tongue, cheeks, jaw ridges, and denture fit can change over time. Regular dental visits help your dentist examine the tissues, check the fit, and decide whether an adjustment, reline, repair, replacement, or other care is appropriate.

1. How Are My Dentures Fitting?

☐ Feels secure while speaking	☐ Feels secure while chewing
☐ Rocks or lifts	☐ Slips during talking or eating
☐ Food collects underneath	☐ I am using more adhesive than before
☐ New sore spots or rubbing	☐ Bite feels different
☐ Speech has changed	☐ Denture is cracked, chipped, or damaged

2. Mouth Changes I Have Noticed

☐ Red or irritated tissue under the denture	☐ White patches or a burning/sore mouth
☐ A sore that is not healing	☐ Bleeding or unexplained tenderness
☐ Lump, thickened area, or persistent rough spot	☐ Dry mouth
☐ Difficulty chewing certain foods	☐ Trouble swallowing or speaking

3. My Daily Denture Routine

☐ I remove and clean my dentures every day.
☐ I use a non-abrasive denture cleanser rather than regular toothpaste.
☐ I clean my gums, tongue, and roof of my mouth.
☐ I remove my dentures for a daily rest period / overnight as instructed by my dentist.
☐ I store dentures safely when they are out of my mouth.
☐ I follow the directions for any denture adhesive I use.

4. What I Want the Dentist to Check

☐ Overall denture fit and stability	☐ Sore or irritated areas
☐ Whether I need an adjustment	☐ Whether a reline would help
☐ Whether the denture should be repaired or replaced	☐ Signs of thrush / denture stomatitis
☐ Oral tissues and oral-cancer warning signs	☐ Cleaning products / adhesive use

CALL SOONER IF SOMETHING CHANGES

Contact your dentist if dentures suddenly become loose or painful, repeatedly cause sores, break or crack, or if you develop persistent red/white patches, swelling, bleeding, a lump, or a sore that does not heal. Seek urgent medical care for significant facial or mouth swelling that affects breathing or swallowing.

My Denture Checkup Record

Bring this page to your visit and use it to record the dentist's recommendations.

Denture Information

Type	☐ Full upper ☐ Full lower ☐ Partial ☐ Implant-retained / overdenture
Approximate age of denture	
Last adjustment / reline / repair	
Main problem today	

What the Dentist Found

Fit / retention	
Gums / denture-bearing tissues	
Sore spots / irritation	
Signs of infection / thrush	
Other mouth / tissue findings	

Recommended Next Step

☐ No denture treatment needed now	☐ Minor adjustment
☐ Hard reline	☐ Soft / resilient reline
☐ Repair	☐ New denture / remake
☐ Treat tissue irritation / infection first	☐ Discuss another option / referral

Questions & Follow-Up

Why is this option recommended?	
How should I clean / store the denture now?	
Should I change adhesive use?	
What symptoms should make me call sooner?	
Next dental checkup / follow-up	

Remember: There is no universal calendar for when every denture must be relined or replaced. The decision depends on fit, tissue health, denture condition, bite, comfort, and your dentist's examination.