

# Denture Cleaning & Storage Planner

My denture-care instructions

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Use this page to record directions from your dental team and product labels. This planner is for removable dentures.

Name:

Date reviewed:

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## 1. My denture and special instructions

- ☐ Full denture
- ☐ Partial denture
- ☐ Removable implant-supported denture

Metal parts, soft liner, or other special care needs:

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## 2. Cleaning and soaking directions

Cleanser and brush approved for my denture:

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Soaking duration and frequency (copy the label):

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Water temperature and rinsing instructions:

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## 3. Storage and time out of my mouth

What to store it in, and for how long:

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When to remove it / other directions from my dentist:

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# Denture Cleaning & Storage Planner

My routine, supplies, and dental questions

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Use the checkboxes as reminders for your personalized routine. Follow any different instructions from your dental team.

## Morning reminders

- ☐ Rinse the denture thoroughly before putting it in.
- ☐ Gently clean my gums, tongue, and mouth.
- ☐ Brush any natural teeth with fluoride toothpaste.

## Evening reminders

- ☐ Remove adhesive residue, if used.
- ☐ Gently brush with a suitable nonabrasive cleanser.
- ☐ Soak and store according to my recorded directions.
- ☐ Clean my mouth and any remaining natural teeth.

Remove removable dentures at night unless your dentist has given you different instructions.

## Supplies to replace or questions to ask

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## Comfort or fit changes to discuss with my dentist

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Contact your dentist about persistent soreness, looseness, or damage. Do not try to repair or reshape your denture yourself.

General information, not a personalized treatment plan. Reference: American Dental Association, MouthHealthy: Dentures.