

Denture Fit & Adjustment Visit Planner

Use this sheet when dentures feel loose, sore, unstable, or different from before

FIT CHANGES DESERVE AN EXAMINATION

Dentures can become loose or uncomfortable as the gums and jaw ridges change. Adhesive may help a well-fitting denture, but it should not be used to hide an ongoing fit problem. A dentist can determine whether you need a small adjustment, a relin, repair, replacement, or treatment of the tissues underneath.

1. What Has Changed?

☐ Denture feels loose or slips	☐ Clicking or movement when talking
☐ New sore spot or redness	☐ Pain while chewing
☐ Food trapping underneath	☐ Denture rocks or tips
☐ I need more adhesive than before	☐ Denture feels different after dental work or weight change
☐ Crack, chip, or broken tooth on the denture	☐ Bad taste, odor, or repeated irritation

2. Where Is the Problem?

Upper / lower?	☐ Upper ☐ Lower ☐ Both
Full or partial denture?	☐ Full ☐ Partial
Where is the soreness?	
When does it happen?	Speaking / chewing / inserting / removing / all day
When did it start?	
Is it getting worse?	☐ No ☐ Yes ☐ Not sure

3. Adhesive & Daily Use

Do I use adhesive?	☐ No ☐ Yes
How often?	
Am I using more than before?	☐ No ☐ Yes
Does the denture stay in without adhesive?	☐ Yes ☐ No ☐ Sometimes
How many hours/day do I wear it?	
Do I remove it overnight?	☐ Yes ☐ No ☐ Sometimes

4. Until the Appointment

☐ Avoid trying to bend, sand, file, or reshape the denture myself.
☐ Do not use household glue on a cracked or broken denture.
☐ Remove the denture if it is causing a significant sore spot or cutting the tissues.
☐ Keep all broken pieces and bring them to the appointment.
☐ Continue gentle cleaning and remove adhesive residue each day.

CONTACT THE DENTIST PROMPTLY IF...

You have a persistent sore, swelling, bleeding, a cracked denture, repeated thrush or irritation, a denture that suddenly no longer fits, or increasing pain. A mouth sore that does not heal should be evaluated rather than assumed to be simple rubbing.

Denture Adjustment Visit Notes

Use this page to record what the dentist finds and what happens next.

1. What the Dentist Found

Area / problem	Finding	Recommendation

2. What Is Recommended?

☐ Small adjustment / pressure-spot relief	☐ Hard reline
☐ Soft or resilient reline	☐ Temporary tissue conditioner
☐ Repair	☐ New denture
☐ Treat oral tissues first	☐ Other: _____

3. Questions to Ask

☐ Is the problem mainly fit, bite, tissue irritation, or denture damage?	☐ Would a reline solve the problem, or is the denture too worn or damaged?
☐ If you recommend a soft liner, is it temporary or longer-term?	☐ Will the denture need to go to a laboratory?
☐ How should I clean it after the adjustment or reline?	☐ How much adhesive should I use after the fit is corrected?
☐ What signs mean I should return sooner?	☐ When should this fit be checked again?

4. My Plan

Today's treatment	
Next step	
Estimated cost	
Next appointment	
What to monitor at home	

Notes
