

Denture Sore Spot & Fit Check Sheet

Track irritation, fit changes, and warning signs before your dental visit

SORE SPOTS ARE A SIGNAL - NOT SOMETHING TO IGNORE

A sore area under a denture can come from pressure, rubbing, food trapped underneath, poor fit, dry mouth, or inflammation. Persistent redness, white patches, or repeated soreness can also be associated with denture stomatitis or oral thrush.

1. What I Notice

☐ One sore or pressure spot	☐ Redness under the denture
☐ Burning or tenderness	☐ White patches
☐ Denture feels loose	☐ Denture rocks or tips
☐ Food gets underneath	☐ I need more adhesive than before
☐ Pain when chewing	☐ Bad taste or odor

2. Where and When?

Upper / lower?	☐ Upper ☐ Lower ☐ Both
Full / partial?	☐ Full ☐ Partial
Where is the sore area?	
When did it start?	
What makes it worse?	Chewing / speaking / inserting / removing / all day
Is it improving?	☐ Yes ☐ No ☐ Not sure

3. Fit & Adhesive Check

☐ Denture stays stable without repeated adhesive	☐ Denture clicks or slips
☐ I use adhesive once daily or less	☐ I reapply adhesive during the day
☐ Bite feels even	☐ Bite feels different than before

4. What to Do Until the Appointment

☐ Do not file, sand, bend, or reshape the denture myself.
☐ Do not use household glue on a crack or broken part.
☐ Clean the denture daily and remove adhesive residue.
☐ Give the tissues a nightly rest unless my dentist instructed otherwise.
☐ Use softer foods if chewing is painful.
☐ Keep track of whether the sore is healing, stable, or worsening.

CALL THE DENTIST SOONER IF...

The sore is worsening, the denture suddenly no longer fits, you cannot comfortably wear it, you have persistent white patches, swelling, bleeding, pus, fever, or a mouth sore that is not healing.

Denture Sore-Spot Dental Visit Notes

Use this page to record what the dentist finds and how the fit should be managed.

1. What the Dentist Found

Finding	Notes
Pressure / rubbing area	
Fit / stability	
Denture damage / rough area	
Tissue inflammation / stomatitis	
Possible thrush / infection	
Dry-mouth contribution	

2. What Is Recommended?

☐ Small adjustment / pressure relief	☐ Improve cleaning / disinfection
☐ Reline	☐ Repair
☐ New denture	☐ Treat tissue inflammation / infection
☐ Dry-mouth care	☐ Other: _____

3. Questions for My Dentist

☐ Is this a pressure spot or a tissue problem?	☐ Does the denture still fit properly?
☐ Is the redness consistent with denture stomatitis?	☐ Could this be oral thrush?
☐ Is my cleanser appropriate for this denture?	☐ Am I using adhesive correctly?
☐ Should I leave the denture out longer while this heals?	☐ When should the area be rechecked?

4. My Treatment / Follow-Up Plan

Today's treatment	
Cleaning changes	
Adhesive instructions	
Nighttime wear instructions	
Next appointment	
Call sooner if	

Notes

For general information only. Denture soreness can have several causes. Persistent irritation, white patches, looseness, or pain should be professionally evaluated. Relining or replacement should be based on fit, function, tissue health, and clinical findings - not a fixed calendar interval. **SeniorDentalGuide.com**