

Denture Transition & Adjustment Planner

Prepare for treatment, organize questions, and track how the new denture is fitting

THE TRANSITION IS A PROCESS

Denture treatment may involve extractions, healing, impressions, fitting, adjustments, and learning to eat and speak comfortably. Immediate dentures can be inserted the day teeth are removed; conventional dentures are made after healing.

1. My Starting Point

Natural teeth remaining	
Main reason dentures are being considered	
Upper / lower	☐ Upper ☐ Lower ☐ Both
Type being discussed	☐ Full ☐ Partial ☐ Overdenture ☐ Implant-supported
Biggest concern	

2. Treatment Path

☐ Immediate denture - inserted the day remaining teeth are removed
☐ Conventional denture - made after healing
☐ Partial denture - replaces some teeth
☐ Overdenture / implant-supported option
☐ I need more explanation before choosing

3. Questions Before Treatment

☐ Which teeth truly need removal?	☐ What alternatives exist?
☐ Will I have an immediate denture?	☐ How will I manage eating during healing?
☐ How many adjustment visits are included?	☐ What costs are separate?
☐ When should fit be rechecked?	☐ What symptoms mean I should call sooner?

4. My Timeline

Step	Date / plan
Consultation / treatment planning	
Extractions / immediate denture, if used	
First adjustment	
Healing / fit review	
Reline / remake discussion if needed	

BEFORE TREATMENT

Bring an updated medication list and mention blood thinners, diabetes, osteoporosis medicines, allergies, smoking, dry mouth, and other conditions that may affect healing or treatment.

New Denture Fit & Adjustment Log

Use this page during the first weeks and at follow-up visits.

1. What I Notice

☐ Sore spot / pressure point	☐ Denture feels loose
☐ Clicking / speech difficulty	☐ Food gets underneath
☐ Trouble chewing	☐ Bite feels uneven
☐ Adhesive needed for stability	☐ Redness / white patch / burning

2. Adjustment Visit Log

Date	Problem	Adjustment / advice	Better?

3. Daily Adaptation Checklist

☐ Start with softer foods and small bites.
☐ Chew slowly and, when possible, use both sides.
☐ Practice speaking or reading aloud.
☐ Clean the denture daily and clean oral tissues / remaining teeth.
☐ Follow instructions for nighttime removal and storage.

4. Fit Review Questions

☐ Does this sore spot need adjustment?	☐ Is the bite balanced?
☐ Has healing changed the fit?	☐ Is adhesive use appropriate?
☐ Would a reline help, or should we wait?	☐ When should the next fit review occur?

5. My Long-Term Plan

Cleaning products	
Adhesive, if used	
Next dental / fit check	

CALL THE DENTIST SOONER IF...

Pain or soreness is increasing, a sore does not heal, the denture cracks, the bite suddenly changes, you cannot wear the denture, or you develop swelling, pus, persistent white patches, or other worsening symptoms.

For general information only. Denture treatment, healing, relining, and replacement timing should be individualized after professional examination. [SeniorDentalGuide.com](https://www.seniordentalguide.com)