

DRY MOUTH CAVITY-PREVENTION CHECKLIST

A simple daily routine for protecting natural teeth when saliva is reduced.

Name: _____ Week of: _____

1. My Daily Routine

Morning	☐ Brush gently with fluoride toothpaste. ☐ Clean between teeth with the method that works for me. ☐ Check for new gumline sensitivity, rough spots, or food-catching areas.
During the day	☐ Use water as my usual between-meal drink. ☐ Choose sugar-free gum or lozenges if helpful. ☐ Avoid slowly sipping sweet or acidic drinks. ☐ Use a moisturizing product if dryness makes cleaning or eating uncomfortable.
Before bed	☐ Brush gently with fluoride toothpaste. ☐ Spit out excess toothpaste without vigorously rinsing it away. ☐ Clean between teeth if this is my usual time. ☐ Use nighttime moisture support if needed.

2. Weekly Check

Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fluoride brushing twice	☐	☐	☐	☐	☐	☐	☐
Cleaned between teeth	☐	☐	☐	☐	☐	☐	☐
Water between meals	☐	☐	☐	☐	☐	☐	☐
Avoided frequent sugar/acid	☐	☐	☐	☐	☐	☐	☐

3. Factors to Discuss With My Dentist

☐ New cavities ☐ Exposed roots ☐ Gum recession ☐ Persistent dry mouth ☐ Crowns, bridges, or older fillings ☐ Difficulty cleaning ☐ Head/neck radiation ☐ New or changed medication ☐ Frequent sensitivity near the gumline

4. Questions for My Dentist

☐ Is my regular fluoride toothpaste enough? ☐ Would a fluoride rinse help? ☐ Should I use prescription-strength fluoride? ☐ Would fluoride varnish help? My other question: _____ _____
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Important: Do not stop or change a prescription medication on your own. New pain, a rough or dark area near the gumline, food catching in a new place, or repeated cavities should be evaluated by a dentist.

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