

Toothpaste Label & Dental Questions Planner

Compare labels. Bring the tubes or clear label photos to your visit.

Name: _____

Date: _____

1. Compare two toothpaste options

Copy the label exactly. Write “not listed” or “unsure” when needed.

Label detail	Current toothpaste	Option to discuss
Exact product name and formula		
Active ingredient(s) and concentration		
Fluoride information as printed		
Sensitivity claim if any		
Flavor / comfort notes		
Tube size		
Price		

Label claims are product information, not a diagnosis.

Ask your dental team which features matter for your needs.

Use products as directed; record advice before making changes.

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Organize concerns and leave your appointment with clear instructions.

2. What I want to discuss

- | | |
|--|---|
| ☐ Recent cavities | ☐ Dry mouth |
| ☐ Tooth sensitivity | ☐ Flavor or mouth irritation |
| ☐ Crowns / bridges / fillings | ☐ Partial or full dentures |

My main concern or question:

3. Questions for my dentist or hygienist

- ☐ Is my current toothpaste suitable for my cavity risk?
- ☐ What might be causing my sensitivity or irritation?
- ☐ Which ingredient or formula should I look for?
- ☐ Do I need prescription-strength toothpaste? Why?
- ☐ How should I use it, and when should we review it?

4. My dental team's recommendations

Product / ingredient recommended:

Directions, including frequency and any special instructions:

Follow-up date / what should make me call sooner:

Other notes:

This planner records information. It does not diagnose symptoms or determine the fluoride strength you need. Follow your dental team's guidance.