1. Daily Cleaning Routine (ADA & Mayo Clinic Aligned)

- **Rinse after every meal:**
  Remove dentures and rinse under cool or lukewarm running water to clear food particles.
- **Handle over a towel or water:**
  Fill the sink with water or place a folded towel on the counter so a slip does not crack the ac rylic.
- **Brush once daily with soft bristles:**
  Use a soft-bristled denture brush with mild dish soap or non-abrasive denture paste — never reg ular whitening toothpaste.
- **Remove all adhesive:**
  Gently clean gums, tongue, palate, and any remaining teeth with a soft toothbrush and lukewarm water.
- **Soak overnight:**
  Keep dentures moist overnight in plain water or an ADA-accepted soaking solution so they do not warp or dry out.
- **Rinse before wearing:**
  Always rinse thoroughly under running water after soaking in cleanser tablets before placing ba ck in your mouth.
- **What to avoid:**
  Never use hot or boiling water, household bleach, stiff bristles, or abrasive whitening pastes.

Important Consumer & Health Notice

This printable checklist is educational consumer information, not medical or dental advice.
Consult a licensed dentist or prosthodontist for persistent sore spots, loose fit, cracks, or oral pain.
Sources: American Dental Association (ada.org) & Mayo Clinic Denture Care FAQ (mayoclinic.org).

Published by dentures.si — US Consumer Denture Guide (no personal data collected).

2. First-Month Eating, Adhesive & Dental Visit Checklist

- **Week 1 — Liquids & ultra-soft foods:**
  Yogurt, scrambled eggs, smoothies, mashed potatoes, broth soups, oatmeal, and protein shakes.
- **Weeks 2–3 — Fork-tender foods:**
  Flaky fish, soft pasta, steamed vegetables, stews. Cut food into small bites and chew evenly on both sides.
- **Use adhesive sparingly:**
  If prescribed or needed, apply 3 to 4 pea-sized dots per denture. Needing thick layers signals a fit check is due.
- **Avoid DIY permanent glues:**
  Never use household superglue or epoxy on a cracked denture. See your dentist promptly for safe repairs.
- **Ask about digital & reline checks:**
  Gums reshape during the first year; schedule regular dentist checks for adjustments, relines, and oral cancer screening.
- **Lower dental care costs:**
  Compare ADA-participating providers, community dental clinics, dental schools, and reputable dental savings plans.

Quick Starter Kit Checklist

[ ] Dual-head soft denture brush [ ] Vented denture bath cup with strainer basket

[ ] Non-abrasive soaking tablets [ ] Zinc-free denture adhesive (if recommended by dentist)

[ ] Soft travel case [ ] Dental savings plan comparison or dentist follow-up scheduled