

The care checklist.

A printable prompt sheet for your next dental conversation.

Before trying a product

- ☐ Discuss suitability with my dentist.
- ☐ Read the approved product label and warnings.

My current routine

What do I use? Which instructions am I following?

Questions I want to ask

Comfort, fit, cleaning, storage, or anything I am unsure about:

Changes I have noticed

Record concerns for a professional, not for self-diagnosis.

At my next appointment

- ☐ Bring my notes.
- ☐ Ask about adjustment and suitable care.
- ☐ Confirm the instructions I should follow.