

Dental Supplies List

Supply List · 21 items · 5 sections

A complete dental supplies list covering everyday oral hygiene at home, whitening products, orthodontic care, and professional dental essentials.

Open the editable, AI-powered version online:

<https://genechecklist.com/checklist/dental-supplies-list>

DAILY ORAL CARE

- Manual toothbrush (soft bristle)
HIGH
- Electric toothbrush (with replacement heads)
HIGH
Electric brushes remove significantly more plaque
- Fluoride toothpaste
HIGH
- Sensitive toothpaste (if needed)
- Mouthwash (antibacterial / fluoride)
HIGH
- Dental floss (waxed)
HIGH
- Floss picks
- Interdental brushes (various sizes)
HIGH
- Water flosser / oral irrigator
Excellent for braces, bridges, and implants
- Tongue scraper
- Toothbrush holder / travel case

WHITENING

- Teeth whitening strips (14-day kit)
Use after dental check-up; avoid if sensitive
- Whitening toothpaste

ORTHODONTIC CARE

- Retainer (clean and store when not worn)
HIGH
- Retainer cleaning tablets
HIGH
- Orthodontic wax (for braces)
- Dental wax (for sharp teeth or denture edges)

PROTECTION

- Night guard / mouthguard (if grinding)
Have one custom-made by your dentist
- Sports mouthguard (for contact sports)

PLANNING

- Dental examination record folder
Keep a record of X-rays and treatment history
- Dental appointment booked (every 6 months)
HIGH