

Instructions during Veneer Treatment

The gum tissue around the prepared tooth may be sore for several days. You may rinse your mouth with warm salt water (put a teaspoon of salt in a cup of warm water, rinse and spit).

At the first visit, the tooth is prepared and a temporary veneer/retainer is placed while awaiting the final restoration. The temporary veneer not only protects the tooth from damage, but it also prevents it from shifting position and helps the gum tissue to heal.

If you do lose or break the temporary veneer or retainer, call the clinic immediately to prevent any movement of teeth and cause problems in seating the final restoration.

Do not eat anything sticky, hard or chewy as this may pull the temporary off or break it. Be careful brushing and avoid flossing around the temporary as this may cause it to become dislodged. Once the permanent restoration is placed, you should brush and floss normally.

Your tooth may feel sensitive to temperature, sweets, or biting. This is normal and should subside in a few days. If this sensitivity is severe and does not dissipate, please contact our office immediately.

Instructions for Veneer Maintenance

Practice proper ORAL HYGIENE. Porcelain veneers do not decay but exposed parts of the teeth may. Brush twice a day and floss once daily. Use a water flosser regularly . Most electric brushes have a timer that assists you in brushing for a full 2 minutes and will help you to adequately remove plaque and bacteria.

Regular Dental Check-Ups are needed. Schedule appointments at 6-8 monthly intervals.

Bleeding gums and discolouration of the veneers should be addressed to prevent gum disease and dental decay. If unchecked, it may lead to failure of treatment.

Do not to chew on hard objects such as ice, your fingernails, pens, and pencils. If you chew on a hard object it could cause your veneers to chip. Avoid biting into hard food like apples etc using your front teeth.

Avoid Grinding and Clenching Teeth. Please continue to use mouth guard/splint as advised.