

## POST OP INSTRUCTIONS for Veneers

### Temporary Veneers:

- ❖ Temporary restorations will serve you for a short period of time while your permanent veneer is being made. They are attached only slightly to the underlying tooth so they can be removed easily.
- ❖ While in temporaries, you should take great care in keeping the gums around the treated teeth clean and free of irritation. Avoid heavy brushing of the temporaries, and do not floss between them because you may pull them off.
- ❖ If a veneer comes off, call our office immediately. If you are in a situation that will not allow you to come in, place the temporary back in place with some Fixodent™ (denture adhesive). You must still see us as soon as possible.
- ❖ The size, shape, and color of the temporary does not resemble the final veneer.
- ❖ Temporary veneers may leak saliva, or food onto the tooth. Sensitivity to hot, cold, pressure, or sweets is not uncommon. You may also see stains under the temporaries. These will be removed prior to final cementation.

### Permanent Veneers:

- ❖ Your final porcelain veneers will be as close to the natural beauty and function of your teeth as possible. They look and feel normal in every way.
- ❖ As with natural teeth, avoid chewing excessively hard foods on the veneered teeth (hard candy, ice, popcorn etc.) because the porcelain material can break under extreme forces.
- ❖ Your dentist may recommend you wear a night-guard for as long as you wish to keep the new veneers protected from fracture. Nighttime clenching is the most common cause of veneer failure.
- ❖ Proper brushing, flossing, and regular cleanings are essential to the long-term stability and appearance of your veneers. Often, problems that may develop with the veneers can be found at an early stage and repaired easily, while waiting for a longer time may require redoing entire restorations.
- ❖ The gums may recede from the veneers, displaying discolored tooth structure underneath. This situation usually takes place after many years and requires veneer replacement.
- ❖ You may notice certain sounds, such as those made using the letters “v” and “f” may be difficult to make at first as the edge of the top teeth may be different than your original teeth, and even the temporaries. Also, some patients complain that they are spitting when they talk. Please understand that it may require time to re-train your lips when speaking.