



Instructions after Porcelain and Composite Veneers

(Home Care)

After having dental veneers placed, there are a few things to keep in mind to maintain the veneers as best as possible. Veneers should last for around 10 years, and it is important for patients to understand aftercare in order for the restoration to last as long as possible. As long as patients care for their veneers properly, they can expect many years out of their restoration.

Chewing: As with natural teeth, avoid chewing excessively hard foods on the veneered teeth (hard candy, ice, bones, etc.) because under extreme forces, the porcelain or composite veneer can be broken from the teeth.

Recalls: Visit us for examinations and check-ups at your regular six-month examination periods or during recommended recall visits. Often problems that are developing with the veneer can be found at an early stage and repaired easily, whereas waiting for a longer time may require redoing the entire restoration.

Preventive Procedures: To provide optimum longevity for your restorations, and to prevent future dental decay or supporting tissues breakdown, please use one of the following preventative procedures.

- ___ Brush with a toothpaste containing fluoride and floss after eating and before bedtime.
- ___ With a fluoride rinse, swish vigorously for at least 30 seconds - ideally immediately before bedtime.

The Future: We expect that you will receive years of service from these veneers; however, certain situations occasionally occur that necessitate restoration replacement. Extreme force or trauma can break your veneers just as it can break your natural teeth. Use care in sports or other potentially traumatic situations. Do not bite extremely hard objects with a single tooth. Breakage usually requires remaking the restoration, but occasionally it can be repaired.

Call us if you notice any changes or have any questions about your veneers.