

DO'S AND DON'TS FOR TEMPORARY & FINAL VENEERS

There is a chance your new smile will feel a little different at first. This is normal. It can take a few days for the shape, size and positioning to feel natural.

Do's and Don'ts Temporary for Veneers:

Do's :

It is important to look after your temporary veneers.

- Use a soft to ultra-soft tooth brush.
- Brush lightly in circular motions.
- Use a mouthwash (if provided).

Don'ts :

Please avoid the following:

- Avoid foods with a lot of colour, as it may stain the temporary teeth.
(Beets, Blueberries, curry)
- Grinding or clenching.
- Flossing, this may loosen the bond between your natural tooth and the temporary one(s).
- Biting things that may chip your teeth (hard candy, ice, fingernails, etc.).
- Opening packages with your teeth as this may cause teeth to twist/pull and loosen.

Do's and Don'ts Porcelain for Veneers:

Do's:

Your new smile needs the same good care as natural teeth.

- Use a soft to ultra-soft toothbrush either electric or manual.
- Brush lightly in circular motions.
- Use a non-abrasive toothpaste (any toothpaste with whitening properties is too abrasive for your veneers.
- Floss daily.
- Wear your night guard every night.
- See your dentist every 6 months for your recare exam.

Don'ts:

Like natural teeth, certain things can alter the way your teeth look and feel.

Please avoid the following:

- Grinding or clenching.
- Biting things that may chip your teeth (hard candy, ice, fingernails, bobby pins etc.)
- Opening packages with your teeth as this may cause teeth to twist and loosen.

*Please do not hesitate to call us if you have any questions or concerns!
Enjoy your new smile!*