

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 for Temporary 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 – warm saltwater (1 tsp salt to 1 cup warm water) or hydrogen peroxide (1.5% solution)

Don'ts : Please avoid the following:

- 🦷 Avoid foods with a lot of colour, as it may stain the temporary teeth. (e.g beets, blueberries, curry, turmeric, red wine)
- 🦷 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 for Porcelain 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 like Pronamel (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 professional cleaning and 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!