



## HOME CARE OF DENTAL VENEERS

### Care tips of your cosmetic restorations:

- ✚ For about two weeks you will go through an adjustment period as you "get use to" your "new" teeth that have been changed in size and shape. It will take your brain some time to recognize the new position of your teeth or their new thickness as normal. If you detect any high spots or problems with your bite call us.
- ✚ Veneers have great crushing strength but *not* "tensile strength". Avoid anything that will twist the veneer. Please avoid the following things would break even natural teeth such as chew on pistachio nuts, hard candy, chicken or rib bones, jelly apples or open things with your teeth.
- ✚ As with your natural teeth, veneers require good oral hygiene. Brush with a ultra-soft toothbrush. Try an electric toothbrush for better cleaning. Do not use a sonic type toothbrush as the vibrations may loosen the restoration.
- ✚ Use non-abrasive toothpaste or toothpaste with baking soda. Use Gel-Kam to help with sensitive or cavity prone teeth. Rembrandt Whitening Toothpaste has received the ADA seal as a gentle cleaner for veneers. Avoid "extra whitening" toothpaste because they are often very abrasive and can scratch your restoration.
- ✚ Floss between all teeth at least once a day to remove plaque. Flossing before bedtime is the best time.
- ✚ Clean around your gum line carefully.
- ✚ Some sensitivity will occur. This relates to the amount of enamel left on your tooth after preparation, the proximity of the nerve as well as several other factors and should stop in 4-6 weeks.
- ✚ Your gums may be sore, try rinsing them with water salt water (1 tsp. salt in 8 of warm water, rinse-swish-spit 3xd) for several days to reduce swelling and discomfort.
- ✚ A mild pain medication should ease your discomfort during this adjustment period.
- ✚ Eat a normal diet yet be careful when eating hard foods, they can damage veneers.
- ✚ Your speech will seem affected for the first few days. You will adapt and speak normally soon.
- ✚ Do not rinse routinely with mouthwashes, as they are high in alcohol. **Alcohol softens bonding and weakens the bond of porcelain.** If mouthwash is desired, a solution of hydrogen peroxide and water could be used or select a non-alcohol containing mouthwash like Breath Rx.

- ✚ You may notice increase salivary flow. This will discontinue to normal within a few weeks.
- ✚ If you grind your teeth or clench your jaws you need a nightguard to minimize these stressors that you place on your teeth and to lengthen the life of your veneers.
- ✚ Your speech may be affected slightly the first few days, this is normal. You will quickly adapt to the new "feel" in your mouth and be speaking normally.
- ✚ Fine scratches can be polished with Novus Plastic polish or toothpaste, toothpaste is slower.
- ✚ Visit Nadic Dental Centers for maintenance, cleaning and polishing of your restorations every six months. ***ALWAYS tell the staff you have porcelain veneers when you have your teeth cleaned.***

✚ **PREVENTIVE PROCEDURES:** To Provide optimum longevity for your restorations and prevent future dental decay and supporting tissue breakdown, please use the following preventive procedures that are checked:

- Brush with a fluoride containing toothpaste.
- Floss after eating and before bedtime.
- Swish for at least 30 seconds daily with fluoride containing rinses:
  - Colgate FLUORIGARD
  - Johnson & Johnson ACT
  - The best time is immediately before bedtime.
- Swish vigorously with .2% neutral sodium fluoride daily before bedtime.
- Use a 1.1% neutral sodium fluoride in a special tray
- Use a WaterPik.

#### **DO NOT:**

- ✚ Brush with a medium or hard toothbrush with an abrasive paste...it can scratch your restorations.
- ✚ Don't brush your teeth hard.
- ✚ Do NOT use abrasive tooth pastes such as ones with baking soda or "smoker's" toothpaste. They will scratch and damage your new veneers as they can also damage your natural teeth.
- ✚ Do not use stannous fluoride or Acidulated Phosphate Fluoride products with your veneers. They can etch the porcelain veneers and decrease the surface smoothness of your veneer.
- ✚ Smoke, it will stain your restoration. Not smoking will increase the life span of you and your restorations.
- ✚ Avoid chewing tobacco, it will stain the veneers.

- ✚ Like natural teeth, the bonded material can pick up stains: try to avoid or keep to a minimum tobacco, coffee, tea, soy sauce, curry, colas, grape juice, blueberries or red wine or indulge in foods or drinks that have dark pigments because they can stain your veneers.
- ✚ Bite things like hard candy, ice, fingernails, pipe smoking, paperclips or pencil and opening packages with your teeth. These habits will cause fractures and chipping. Avoid direct biting into ribs, bones, and hard nuts and foods. This puts stress on the material and could result in a fracture. Be aware that certain foods such as spare ribs, corn on the cob, carrots and apples can also put added stress on bonded teeth and possibly increase the need for repairs. Most kinds of sandwiches are not a problem.
- ✚ Grind or clench your teeth.
- ✚ If you feel a rough edge do NOT pick at it, make an appointment with us to have it smoothed.
- ✚ Allow anyone to clean your restorations with ultrasonic tools, air polishers or abrasive polishing pastes. Only composite or diamond polishing paste is to be used for your professional cleanings.
- ✚ How long the bonding lasts depends on your habits and how much stress is placed on your front teeth.
- ✚ Like any restoration, it is possible for the veneer to come off or for small decay to develop. In that situation a new veneer may be required. Also replacement of the restorations may be required in several years.

If you have any questions or concerns call Nadic Dental Centers@ 702-248-0068