

Post-Operative Instructions

Porcelain Veneers

Porcelain veneers are thin layers of ceramic that bond directly to the front surfaces of your teeth. They are an ideal choice for improving your smile; changing the alignment, color, size and shape of your teeth. Veneers usually involve two to four appointments to complete. Impressions are taken to create temporary acrylic or composite veneers that will be placed on your teeth after clinical preparation, to protect your teeth from sensitivity. Minimal tooth structure is removed to create a bevel that will secure your lab-fabricated, permanent porcelain veneers. Following clinical preparation, temporaries are placed to protect your teeth, to prevent the teeth from shifting, and to restore your teeth's contour and appearance. Dental anesthetic given for this procedure may cause your lips, teeth and tongue to be numb for several hours. Avoid any chewing until the numbness has completely worn off.

The temporaries are placed with cement that is designed to come off easily so avoid chewing sticky foods such as gum or taffy. Use your toothbrush to clean the temporaries as you normally do your natural teeth. You may also floss or, if there is more than one veneer and the temporaries are fused, you may need a floss threader or water flosser. To avoid possibly loosening the temporary, it is best to pull the floss through the contact rather than pulling it down through the contact.

If your temporary comes off between appointments, slip it back on and call our office so that we can re-cement it for you. A small amount of denture adhesive placed inside the veneer can help to hold it in place in the interim. Sensitivity, especially to cold, is common following treatment.

For the first few days, avoid extremely hot or cold foods and beverages. If your gums were re-contoured during treatment they may be tender after the anesthesia wears off. Rinsing with warm salt water (dissolve 1/2 teaspoon of salt in 8 oz. of warm water) will help. An analgesic such as Tylenol (Acetaminophen) (1-2 x 500 mg) (do not exceed 6 tablets in 24 hours) or Advil (Ibuprofen) (2 x 200 mg) (do not exceed 12 tablets in 24 hours) will also increase your level of comfort.

Your New Smile

After permanent cementation of your porcelain veneers, it may take a few days to get used to your new smile. Your bite and the way your teeth come together may feel different, especially if we changed the length, shape and/or thickness of your teeth. If your bite feels unbalanced, please, be sure to call our office for an appointment to make an adjustment.

Home Care

To maintain your veneers and your new smile, it is important to remember that the underlying teeth are still vulnerable to decay, especially at the gum line where the tooth and veneer meet. It is important to resume regular brushing and flossing immediately.