



A world of smiles through excellence in dentistry

## Post operative instructions for veneers

It is best to avoid eating for at least 2 hours or until the numbness has worn off. This will reduce the risk of accidentally biting yourself.

### **Prototype or Intermediate Veneers:**

These restorations are only lightly bonded to your teeth so be careful with them. Avoid biting on the edges, for example by snapping thread. Clean them gently but thoroughly especially at the gumline. You may not be able to floss whilst these are in place; however you may be able to use fine interdental cleaning brushes if your dentist has advised them. If there has been a significant alteration in the appearance of your smile you may need a few days to get used to the new shape. Please get in touch with us immediately if there is something that you don't like.

### **Sensitivity:**

Sensitivity to hot and cold is to be expected following treatment. For the first few days, try to avoid extremely hot or cold foods and beverages. It is normal to have discomfort in the gums around the tooth after the numbness wears off. Rinse the area with warm salt water. Take your normal painkillers if discomfort persists

If your intermediate veneers come off between appointments, please call our surgery so that we can reapply them for you. Try and keep the dislodged portion safe and bring it with you.

### **Permanent Veneers:**

The shape of your final veneers will be similar to the intermediate veneers that were fitted. They will have been fitted with a very strong adhesive. Your teeth may feel slightly sensitive for the first few days so avoid extremes of temperature during this time. Avoid stressing your new veneers, especially by biting edge to edge. If you have been given a night guard please use it, or you may cause premature failure of the veneers.

### **Home Care:**

It is very important to thoroughly clean the area between the veneer and the tooth at the gumline and to clean between the veneers with either floss or interdental brushes.

A consistent daily home care routine will increase the life of the veneers.

*Please contact the surgery for further advice and treatment.*