

COSMETIC VENEERS POST CARE INSTRUCTIONS

Congratulations on taking this step to achieve a healthy and confident smile.

You will see similarity between these care instructions and the temporary veneer care instructions that you received. While permanent veneers are much sturdier than temporary veneers, it is important to note that veneers must be cared for to extend their appearance and longevity.

Immediate Instructions

- **Wait to Eat:** Do not eat until the anesthesia completely wears off. If you are hungry, stick to liquids like soup or smoothies.
- **Avoid Biting Injuries:** Be careful not to bite your lips, cheeks, or tongue while numb. This can cause injury.
- **Mild Discomfort:** Some soreness once the anesthesia fades is normal.

What to Expect & Pain Management

- You may experience minor discomfort, sensitivity to hot and cold, and/or a “foreign” sensation as your mouth adjusts to the new veneers.
- You may experience some difficulty controlling saliva flow or a temporary lisp, which should subside as your mouth adjusts.
- You may resume your normal activities after getting veneers, but it is important to be gentle with your teeth and gums during the initial healing period.
- While some discomfort and sensitivity may persist for a few days, full recovery and adjustment to the new veneers typically takes about two weeks.

Oral Hygiene

- Begin brushing, flossing and using mouthwash immediately, but be particularly gentle for the initial week.
- Good oral hygiene habits are just as important for people with veneers as they are for people without them.
- Exercise a good hygiene routine at home indefinitely
 - Brush 2x daily for 2 minutes to remove plaque and bacteria from around teeth and gums. Be sure to brush gently around the gum line where your veneers meet your gums
 - Floss 1x daily to remove plaque and bacteria from around teeth and gums
 - Waterpik if recommended
 - Use mouthwash as needed and/or prescribed mouthwash as directed

Diet

- Eat soft, cool foods that are easy to chew and swallow for the first 24-48 hours. Recommended foods include: soups, smoothies, yogurt, scrambled eggs, oatmeal, pudding, or jello.
- After the first few days pass, be aware of what you are choosing to eat. Avoid hard or chewy foods that can crack or chip your veneers. If eating harder foods allow them to dissolve in your mouth, try

not to bite into them. Sticky foods can cause your veneers to loosen, so it's best to avoid them all together. If you do eat something sticky, be sure to brush your teeth afterwards.

- Drink plenty of water to help keep your mouth hydrated and flush away any bad bacteria. It's also a good idea to avoid sugary drinks and alcohol as these can contribute to dehydration.

Activity and Lifestyle

- Limit physical activity: avoid strenuous activities for the first 24-48 hours to reduce the risk of discomfort.
- Avoid smoking. Smoking can significantly impede healing and increase the risk of complications.

How to Protect Your New Smile

- Do not use a teeth whitening agent on top of your veneers. Some of these products can damage the bonding material used to attach your veneers to your teeth.
- See us regularly for your cleanings. This will help ensure that your veneers stay in good shape and that your mouth stays healthy overall.