PURE SMILE

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Miami, FL 33183
(305) 787-3642 · puresmilemiami.com

CARE AFTER YOUR TREATMENT

After your porcelain veneers

Keep this sheet. If you have any questions, call us at (305) 787-3642.

What is normal

- It may take a few days to get used to them. If your bite does not feel right, tell us.
- With 2 to 4 veneers there is usually little or no discomfort once the anesthesia wears off.
- With 8 or more, it is normal for the gums, and sometimes the jaw, to be sore for a few days.

With temporary veneers

- You wear temporary veneers until the final ones are ready. Be gentle with them: avoid biting hard or sticky foods.
- If one comes off, call us.

What to eat

- For the first few days, softer foods until you are used to your bite.
- After a few weeks, eat normally unless we tell you otherwise.
- Always avoid biting ice, hard candy, hard nuts, seeds and popcorn.
- Coffee, tea and red wine can stain the edges: enjoy them in moderation.

Habits

- Do not bite your nails or pens, or open packages with your teeth.
- Wear a mouthguard for sports, and a night guard if we recommend one.

Hygiene and checkups

- Brush twice a day with fluoride toothpaste and floss every day: decay can still form around a veneer.
- Cleaning and checkup every 6 months.
- If you can take it, an over-the-counter pain reliever such as ibuprofen or acetaminophen, following the label or your dentist's instructions. If we prescribed a medication, take it exactly as directed.

Call us if...

- A veneer comes off: keep it, do not glue it back, and call us. The tooth may be sensitive to cold.
- A veneer breaks or chips.
- Your bite does not feel right after a few days.
- Discomfort or sensitivity does not get better.

Call 911 or go to a hospital emergency room if you have trouble breathing or swallowing, heavy bleeding that will not stop, or swelling that spreads to your face or neck or comes with a high fever.

Your dentist's instructions

Next visit: _____

(305) 787-3642 · Monday to Friday, 9:00 a.m. to 7:00 p.m. · Saturday, 10:00 a.m. to 5:00 p.m. puresmilemiami.com

General information based on recommendations from the American Dental Association (ADA) and the American College of Prosthodontists (ACP). It does not replace your dentist's instructions.