

Your New Porcelain Veneers

Congratulations on your new smile! Your “State of the Art” porcelain veneers were placed using the finest materials and techniques available in dentistry today. Our entire team takes extra pride to insure that your veneers will provide you with many years of enjoyable smiles. As a proud new owner of a new smile we want to provide you with some information that may help you keep them beautiful for as long as possible.

Chewing: Porcelain Veneers, just like your natural teeth, can chip or break if abused. We recommend that you avoid certain foods and behaviors that can be damaging. Avoid chewing ice, eating hard candy and anything you wouldn't bite with your natural teeth. Habits that can be harmful to your teeth and veneers include chewing on fingernails, cutting fishing line, holding objects like pins, pencils, pens or sewing needles and tearing packaging should be avoided. Also do not open bottles with your teeth. Essentially everything that your mom told you not to do when you were younger still holds true. Veneers are very close to what “Mother Nature” gave you, but are not the real thing.

Grinding and Clenching: If you grind or clench your teeth at night while sleeping, we strongly recommend that you wear a custom made nightguard for protection. This is the #1 cause of veneer fractures. While asleep, we are unaware of any clenching or grinding, but 75% of the population does this at certain times during the night. The amount of force generated while clenching and grinding is incredible and can cause tiny fractures in your veneers. Then all it takes is something soft to cause a small piece of your veneer to chip off. Veneers do not wear like natural teeth, they break. If your original teeth wore down and we lengthened your teeth, than this is an indication to us that you have a grinding or clenching habit that may need to be addressed. Just ask us, we have placed thousands of veneers. Creating beautiful smiles has become a specialty of ours as well as understanding the complex nature of the chewing system.

Brushing and Flossing: You can brush and floss your veneers like natural teeth. Most toothpastes on the market today are gentle enough to ensure the luster of your veneers. Avoid baking soda or “smoker's toothpastes” as they can be too abrasive and cause scratching of the veneer's surface. Plaque and tartar can build up on veneers, please see our hygienist regularly for your cleanings.

Roughness: If you feel a rough edge on a veneer, do not pick at it. Please call the office so that the doctor can smooth it.

Failure: If for any reason, other than a traumatic accident, your veneer chips or breaks, they will be replaced free of charge during the first three years. If we have recommended a nightguard and you have chosen not to wear it, the warranty is voided. We feel so confident about these porcelain veneers, that we offer this three-year warranty.

**You made a great investment in your smile, please
take care of it.**