

## **Caring for your New Veneers**

Congratulations on your new smile!

We have placed porcelain veneers on your teeth. These restorations were placed with the finest materials and techniques available today. However, you should be aware of the following things about your restorations because, as with a fine automobile only your continuing care and concern can ensure optimum longevity.

**CHEWING**- As with natural teeth, avoid chewing excessively hard foods on the veneered teeth (i.e., hard candy, ice, bones, etc.). Your veneers can not fall off but under extreme forces the porcelain can break.

**SPORTS**- when you participate in sports, it's important to wear your protective sports guard.

**NIGHT APPLIANCE**- If we made a custom night appliance it needs to be worn every night. Grinding your teeth in your sleep can break the veneers. The appliance will protect the veneers from harm.

**SENSITIVITY**- It is not unusual to experience sensitivity to cold after the veneers are placed. This will diminish over time. If you get transient sensitivity down the road, this is normal. In rare instances, the nerve or the tooth can die, requiring root canal.

**HOME CARE**- It is extremely important to clean your veneered teeth more thoroughly than your own. This means brushing twice a day, flossing once a day, and using a prescription fluoride tooth paste (if it was prescribed). Remember you can still get a cavity on the edges of the veneer.

**RECARING VISITS TO OUR OFFICE**- Make sure you see us at least twice a year for your check-up and cleanings so we can keep a close eye on them.

**THE FUTURE**-By adhering to the above you can expect many years of service from your new restorations.

**ANY QUESTIONS?** Call me at the office any time 973-895-7995