

Capitola Dental
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CARE OF YOUR PORCELAIN VENEERS

Congratulations! You have just completed one of the most advanced techniques in cosmetic dentistry. The beauty and natural luster of your new porcelain veneers will look, last and feel like your own teeth for many years to come. It is our pleasure to be able to make you look your best.

HOW TO KEEP THEM DAZZLING? JUST FOLLOW THE SIMPLE INSTRUCTIONS BELOW:

- For the first day or two, your teeth may feel a little thicker. That's normal. In some cases, we replaced the outer surface that has been slowly worn away by years of regular use. In other cases, we added a masking and coloring agent to change the base color of the teeth. So, it feels like a tremendous amount of material; in fact, it is less than 1/8 inch. Within two to three days your teeth will feel normal.
- The first two hours after placing the porcelain veneers are the most critical. Avoid chewing medium to hard foods and drinking alcohol or acid liquids (sodas, citrus juices, etc.). Start with a soft diet (yogurt, pastas, and soups) - no crunchy or chewy foods. Gradually, over three to four days, begin to use these teeth more while biting and chewing. This will minimize any excessive stresses that could potentially chip or fracture the veneers.
- After the first few days, go ahead and chew normally on your veneers, while still carefully avoiding extremely hard materials (ice, hard candy, corn kernels, apples, carrots, and so on). Bad habits also are taboo: clenching, grinding, biting on pens, fingernails, or other objects. If the teeth or laminates feel high or the edges feel sharp after this initial period, they may need adjusting. Please call us for an appointment.
- Thorough brushing and flossing around veneered teeth is essential. Concentrate on getting the bristles of the toothbrush below the gumline. Continue to use the toothpaste that has been specifically recommended to you. A Roto-dent toothbrush should be used only as instructed.
- Periodic professional cleanings are essential to evaluate the status of the veneers, the health of the gums, and the well-being of the entire mouth. It is important to maintain the three-month re-care schedule that we have recommended for you.

**REMEMBER, YOUR SMILE IS ONE OF YOUR BEST ASSETS.
NOW GO AHEAD AND USE IT!**