



Cosmetic and Family Dentistry

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## **Congratulations!**

You have just received the most up-to-date, state-of-the-art veneer dentistry has to offer!

### To insure maximum beauty and longevity, a few points should be mentioned:

1. Brush with an ultra-soft toothbrush at least two times a day. Floss at least once a day, preferably before bedtime.
2. As with your natural teeth, the bonded material can pick up stains; try to avoid or keep to a minimum tobacco, coffee, tea, soy sauce, curry, colas, grape juice, blueberries, or red wine. Routine dental cleanings will usually remove stains. Do not use any abrasive toothpaste.
3. Do not rinse routinely with mouthwashes, as they are high in alcohol. Alcohol softens bonding and weakens the bond of porcelain. If mouthwash is desired, a solution of hydrogen peroxide and water could be used or select non-alcohol containing mouthwash such as Breath Rx or Rembrandt.
4. Sodium fluoride is the only home fluoride that should be used. Stannous fluoride or acidulated phosphate fluoride are not recommended. ACT is a sodium fluoride rinse and can be recommended for home use.
5. Habits such as opening packages with your teeth, biting thread, chewing ice, nail biting, or pipe smoking should be avoided. Avoid direct biting into ribs, bones, hard candy, nuts, or hard bread and rolls. This puts stress on the materials and could result in a fracture. Be aware that certain foods such as spare ribs, corn on the cob, carrots and apples can also put added stress on bonded teeth and possibly increase the need for repairs. Most kinds of sandwiches are not a problem.
6. If a chip or a fracture occur, it frequently requires only a simple renewal using the same material. It is a short appointment and the fee is similar to that for a restoration for a front tooth.
7. How long bonding lasts depends on many things. It's a lot like a new set of tires. How long they last depends on the quality of the tire, the type of road surfaces traveled, the way you drive, and how many miles you drive in a year. In the same manner, longevity of our veneers depends on your habits and how much stress is placed on the teeth.
8. Once your cosmetic veneering is accomplished, your teeth will feel different to your lips and tongue when you first close your mouth. This is normal and to be expected when changes have been made to the shape and size of the teeth. Sometimes your speech may change or be affected in the beginning until your tongue adapts to the changes. Even though the changes are slight, (measurable only in millimeters), your mouth is extremely sensitive and will exaggerate those feelings at first. Usually after a couple of days, the feelings lesson and your mouth will feel normal again.