

## *Cosmetic Veneers (Bonding)*

The following information has been designed to help you properly care for your teeth and mouth following placement of cosmetic veneers.

**FEELING:** The anesthesia (if used) will begin to wear off in 30 minutes to 2 hours. Until that time, avoid all hot foods or liquids, and do not chew. This is to prevent accidentally burning or biting the lips, cheeks, or tongue until the feeling has returned.

**SENSATIONS:** It is common to experience sensitivity to hot, cold, and touch, especially at the gum line around the edge of the cosmetic veneer. This will normally diminish during the first week after treatment. Proper cleaning around the veneers will speed the healing process.

**RINSES:** The gums may be tender and inflamed around the teeth that were veneered. Warm salt water rinses (1/2 to 1 tsp. salt in 8 oz. glass warm water) can be swished vigorously every 10 to 20 minutes for the first 2 to 6 hours. (Do not use if you are on a salt-restricted diet. )

**DIET:** Avoid extremely hard foods in the area of the veneer. There are certain foods and habits that should be avoided, such as: ice, popcorn, chewing gum, hard candy, mints, lozenges, nuts, peanut brittle, and biting on pens, pencils, and fingernails or tearing threads, etc. Failure to follow these guidelines may result in fracture of the veneer. In addition, a regular diet of highly acidic foods, such as lemons, limes, oranges, etc. , should be avoided. Frequent exposure of the dental or resin porcelain to high acidity can cause a decrease in the luster of the restoration.

**ORAL HYGIENE:** Veneers do not render the teeth resistant to decay. Decay can occur at the junction of the veneer and tooth, and result in the loss of the veneer and/or the tooth. Therefore, good brushing and flossing, in combination with a neutral fluoride solution, will greatly extend the lifespan of your veneer. To help prevent unnecessary wear or stain, tartar control toothpastes, desensitizing toothpastes, sanguinaria rinses (Vivadent), chlorhexidene rinses (Peridex), and peroxides should be avoided in the area of the veneers.

### **QUESTIONS / COMPLICATIONS:**

- Fracture of the veneer may occur if the diet and habit restrictions mentioned above are not followed. This may require a repair of the veneer; but it may dictate replacement with a new veneer.
- Discoloration of the veneers can occur if you are a smoker, or if you consume large quantities of coffee or tea. Some stains only affect the surface of the veneer, and can be easily polished. However, more difficult staining, like that associated with smoking, cannot be removed.
- Wearing or staining of the veneers is inevitable after a period of time. Composite (plastic) veneers usually need to be refurbished or replaced within 5 to 8 years after initial placement.
- Inflammation of the gums around the veneers can occur if strict oral hygiene guidelines are not routinely followed. This may lead to recession of the gums and a deterioration of the appearance of the smile.
- A feeling of bulkiness is common after placement of the veneers. This sensation will diminish with- in 2 to 3 weeks after placement.

There are a variety of complications that can arise after cosmetic veneer treatment. These problems are usually easily managed or prevented, but may sometimes require additional treatment. If you experience any problems that concern you, please contact the office for further evaluation.