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Long Term Care of Your Veneers

Now that your veneers have been cemented there are a few things to expect and to care for.

Initially you may experience some sensitivity to cold as the tooth may be slightly irritated by the cement. Sensitivity toothpaste generally helps (such as Sensodyne). If after a couple of days your “Bite” seems off or it just doesn’t feel normal, please call our practice for a slight adjustment.

On occasion, damage to the pulp of the tooth may occur following any restorative procedure due to a variety of reasons. If this occurs, further treatment, such as root canal therapy, may be necessary.

Bleeding of the gums can occur due to the lack of good oral hygiene or small amount of cement residue below the gums. Bleeding of gums in spite of good oral hygiene practice will need a visit to your dentist.

It is extremely important to maintain excellent oral hygiene with your new veneers. Some people have the misconception that a veneered tooth no longer needs to be maintained. Just as natural teeth, veneers are still susceptible to decay (especially near the gum-line and the exposed areas towards the roof of the mouth). Normal brushing and flossing is a must.

It is however prudent to brush with good technique and reasonable pressure so as to avoid damage to the margin of the gums. Chronic damage to the margin of gums causes recession of gums and exposure of the margin of veneers.

To ensure that you do not void your warranty and that the dentist can review your oral hygiene around the veneers, you are required to attend for your active maintenance every 6 months.

Veneers are ceramic. These materials are very strong and colour stable, however, they still have potential to fracture the same as a natural tooth. As a rule of thumb, avoid any activity with veneers that has the potential to damage the natural teeth. **Avoid Chewing Ice.** The extreme temperature change greatly increases the fracture of porcelain and natural teeth. Please avoid biting/chewing of food with the front teeth, instead you can break up/cut up the food and chew with the back teeth.

In many situations your dentist would have suggested night guards/occlusal splints, please get them as soon as possible to avoid damage to the veneers.

When flossing veneers, slide the floss out from between the teeth instead of lifting it back up through the contact of the teeth.