

Care Instructions for Your New Porcelain Veneers

Your teeth have now been restored with porcelain laminate veneers. To ensure maximum beauty and longevity, please try to follow these guidelines below:

1. Brush with a soft toothbrush at least twice a day and floss between the teeth once a day.
2. As with your natural teeth, ceramics can slowly be degraded by acidic foods and drinks, and in the future, their margins may eventually pick up stains so please try to avoid or keep to a minimum tobacco, coffee, tea, soy sauce, curry, colas, grape juice, blueberries or red wine. Do not use baking soda or any abrasive toothpastes on your veneers. The toothpastes we recommend for veneers are: Regular "paste" toothpastes like Colgate, Oral B, Macleans pastes etc, rather than the "gel" toothpastes. Please avoid using whitening or smokers toothpastes, which are quite abrasive.
3. Do not rinse routinely with mouthwashes, as they are high in alcohol. Alcohol softens composite and thus may slowly weaken the bond of the porcelain. If a mouthwash is desired, please select a non-alcohol containing mouthwash.
4. Sodium fluoride is the only home fluoride that should be used. Stannous fluoride or acidulated phosphate fluoride are not recommended for porcelain as they may etch the surface after a lot of use. Neutraflour is a sodium fluoride rinse and can be recommended for home use. Tooth Mousse is also very safe to use.
5. Habits such as opening packages with your teeth, biting thread, chewing ice, nail biting or pipe smoking should be avoided. Avoid directly biting into ribs, bones, hard candy, nuts or hard bread and rolls. This puts stress on the material and could result in a fracture. Generally you should consider your veneers to be just like your natural teeth would have been, such that you can use them to incise into foods you would normally bite into, and similarly they are susceptible to chipping on harder things that may also chip natural teeth.
6. If a chip or fracture does occur, it may require only a simple renewal using bonded composite. This would involve a short appointment and the fee is similar to that for a restoration for a front tooth. A more significant fracture may require the veneer to be replaced.
7. How long your veneers last will depend on many things. It is not dissimilar to getting a new set of tyres for your car. How long the tyres last will depend on the type of road surface travelled, the way you drive and how many kilometres you drive a year. In the same manner, the longevity of your veneers will depend on your habits and how much stress is placed on the front teeth. Adhering to the recommendations above will ensure you receive the longest possible service from your veneers.
8. Once your veneers are placed, your teeth may 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, (often only measurable in fractions of a millimetre), your mouth is extremely sensitive and will exaggerate those feelings at first. Usually, after a couple of days, the feeling lessens and your mouth will feel normal again. Also, the use of cotton rolls, latex gloves and suction, will all likely lead to some scuffing and chafing of your gums and lips. So your mouth may feel a bit sensitive for a few days. Please take Panadol if needed, rinse with salty water 2-3 times per day. After a few days, your mouth should feel better, gums look pink, and the veneers should look like beautiful natural teeth.