

## Care Instructions Following Placement of Temporary Veneers

At the conclusion of your veneer preparation appointment you will have been fitted with an orthodontic style of retainer. This retainer will serve as your interim restoration, providing reasonable aesthetics, good protection of the teeth, but limited chewing ability.

After the anaesthetic wears off, you may experience some tenderness in the gum around the teeth. This tends to be mild and is considered normal. The tenderness should subside within 72 hours and can be treated with warm salt water rinses, and by taking paracetamol as needed.

You may also experience some sensitivity from the teeth, particularly to hot and cold drinks and food. This should also subside quickly, but when you remove the retainer for eating or cleaning, you will notice more sensitivity. Please use a sensitive toothpaste during this time. Should there be excessive pain that persists, please contact us.

Your interim retainer is primarily to provide an interim cosmetic solution. Whilst it has some of the shape of natural teeth, it is not indicative of the final porcelain veneers.

Try to chew as much as you can without the retainer in place, and it is probably best to leave it out as much as possible (including when sleeping) unless your teeth are extremely sensitive, or it is being used in lieu of a true orthodontic retainer.

When cleaning, gently brush your teeth with your regular toothbrush and toothpaste, using warm water to rinse. The removable nature of this appliance means you can clean the teeth well and this always means that the gum health is excellent for the day on which the veneers are cemented.

If you have any questions or concerns, please do not hesitate to contact us.



The shape of teeth after preparation for porcelain veneers can be unsightly.



The Temporary Retainer



Temporary retainer in place will lack true colour and polish, but will return relatively normal shape to the teeth until the new porcelain veneers are made.