

# Veneers, Ceramic (Post-Treatment Patient Instructions)

Date: \_\_\_\_\_

Tooth Numbers: \_\_\_\_\_

Ceramic Color: \_\_\_\_\_

Cement Brand & Color: \_\_\_\_\_

We have placed ceramic veneers on your teeth. These restorations were fabricated using the finest materials and techniques available today, and you should expect several years of excellent service from them. Please be aware of the following information about your restorations:

**Chewing:** Avoid chewing excessively hard foods, such as hard candy, corn nuts, ice, raw carrots, bones, etc., because, just as natural teeth will break, the ceramic material can be broken from the teeth under extreme forces.

**Recall Visits:** Professional examinations every six months are suggested. Any developing problems can be observed at an early stage and repaired easily, but waiting for a longer time may require redoing the veneers. We will contact you when it is time for your recall and examination appointment.

**Preventive Procedures:** To provide optimum longevity for your restorations and to prevent future dental decay and supporting tissue breakdown, please use the following preventive procedures that are checked below:

- \_\_\_\_\_ a. Brush with a fluoride-containing toothpaste after meals, and floss your teeth at least once a day, preferably before going to bed.
- \_\_\_\_\_ b. Swish vigorously for 30 seconds daily with a fluoride-containing mouth rinse available over-the-counter without a prescription. The best time is immediately before bedtime.
- \_\_\_\_\_ c. Use a Water Pik as directed
- \_\_\_\_\_ d. Use 1.1% neutral sodium fluoride as a brush-on material. These products require a prescription from us.
- \_\_\_\_\_ e. Use a mechanical toothbrush.

**The Future:** You will receive several years of service from your veneers. However, after observing veneers serve patients for many years, we have seen the following conditions occur occasionally.

- a. Extreme force or trauma can break ceramic veneers, just as similar forces can break natural teeth. Use care in sports or other potentially traumatic situations. We recommend using an athletic mouthguard in these instances. Do not bite extremely hard objects.
- b. After a few years, veneers may develop slight stains around the edges. Please tell us if this occurs. Repairs can usually be accomplished easily.
- c. The gums (gingiva) may recede from the veneers, displaying discolored tooth structure underneath. This situation may require veneer replacement or other modifications.