

POST OP INSTRUCTIONS ABOUT YOUR PORCELAIN VENEERS

Porcelain veneers are placed with the finest materials and techniques available today. However, you should be aware of the following information about the care of your veneers.

CHEWING: As with natural teeth, avoid chewing excessively hard foods on the veneered teeth (hard candy, ice, raw carrots, bones, etc.) because the porcelain material can be broken from the teeth under extreme forces.

RECALLS: Visit us for examinations and checkups at regular six-month examinations periods. Often, problems that are developing with the veneers can be found at an early stage and repaired easily, while waiting for a longer time may require redoing entire restorations.

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:*

- a. Brush with a fluoride-containing toothpaste and floss after eating and before bedtime.
- b. Swish vigorously for at least 30 seconds daily with a mouth rinse containing fluoride such as Listermint with fluoride, Colgate Fluorigard, and Johnson & Johnson Act. The best time is right before bedtime.
- c. Floss daily.