

## After Veneers

(For your convenience, you can print this page)

Usually two office visits are necessary. Teeth will be prepared and impressions made on the first visit, which can take from one to three hours. Laminates will be tried in and examined for fit and inserted on the second visit, which also will take a minimum of two to three hours, and sometimes longer.

In most cases, temporaries will be placed. Initially, your teeth will feel rough and many times will be darker. We recommend curtailment of any major social functions or important business engagements between the preparation visit and the seating visit. Also, try to restrict brittle foods in your diet and maintain regular oral hygiene therapy. Some post-operative sensitivity has been reported, but usually this doesn't last long.

Do not traumatize the laminates with extreme temperature changes for the first 24 hours. The luting agent that has bonded the laminate to your teeth goes through a curing process and extreme temperatures could interfere with this process. As always, we caution you to take some precautions with eating. With bonding, crowning or laminates you should especially be careful when chewing hard foods or incising with your restored teeth. Alcoholic beverages and mouthwashes containing alcohol should be avoided for the first 24 hours.

Meticulous oral hygiene is essential. We request that you follow the program that has been outlined for you.

- **Tooth brushing:** If you have a good tooth-brushing technique with a manual toothbrush, we recommend that a different toothbrush be used in the morning and in the evening, and that those toothbrushes be disposed of every six to eight weeks. A non-abrasive fluoride containing toothpaste should be used. You may need a fluoride rinse or gel used once in the evenings. Otherwise, we recommend that you use an electric toothbrush, such as the Interplak, Rota-dent or Sonicare.
- **Floss and paste:** Flossing your teeth once a day, usually in the evenings, is imperative. If you follow this regimen, we do not anticipate any complications with periodontal or gingival inflammation or recurring decay.

Your teeth should be professionally cleaned and examined a minimum of four times a year.

At the end of this treatment you will have polished, natural-appearing teeth. Laminates effectively mask stains and can change the shapes of your teeth, if required. The average range of life expectancy is five to 12 years.

Porcelain as a replacement for unaesthetic tooth surfaces has no peer. It is better than alternatives in color, bond strength, periodontal health maintenance, resistance to abrasion, inherent strength and resistance to fluid absorption. Porcelain absorbs fluids to a lesser degree than any other veneering material which helps further its life. The aesthetics of porcelain are considerably better than any other veneering material because of our ability to control color and surface texture. The color of the veneer can be modified both internally and externally during fabrication and has a natural fluorescence, lending it a certain vitality. Texture is readily developed on the veneer surface to simulate that of the adjacent teeth and can be maintained indefinitely.