

Caring for Your Veneers

If you care for your veneers well, they may last for years. The tips below may help.

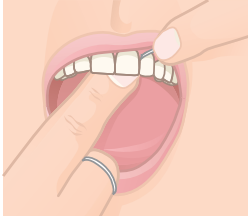
When Brushing

- Use a soft toothbrush and don't brush hard.
- Avoid harsh tooth pastes, which can harm your veneers.
- Clean around your gumline carefully.



When Flossing

- Floss between all teeth at least once a day to remove plaque.
- Start flossing in one place, and work carefully around your mouth.



When Eating

- Avoid foods and liquids that could stain your veneers, such as red wine, tea, coffee, and berries. Certain veneers are more prone to staining.
- Be careful when eating hard foods. They can damage veneers.



Avoid Using Tobacco

- If you smoke, quit.
- Avoid chewing tobacco. Using tobacco in any form can stain certain veneers.



Follow-up Visits

Veneers can help you have a better looking smile. But be sure to practice good oral hygiene and have regular dental checkups. This will help keep your teeth and gums healthy.



Veneers



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This brochure is not intended as a substitute for professional dental care.

What Are Veneers?

Veneers are a thin, translucent coating made out of porcelain or resin (plastic). They are applied to the front teeth to improve their color, size, or shape. Veneers can help you achieve the smile you want.

Are Veneers Right for You?

Veneers can correct many dental problems. These include:

- Teeth discolored from medication or age
- Front teeth that are worn or chipped
- Gaps and other spaces between teeth
- Crooked teeth



Discolored teeth



Corrected with veneers



Chipped teeth



Corrected with veneers



Spaces between teeth



Corrected with veneers

Let your dentist know why you want veneers. If they are not right for you, another type of treatment may be an option.

The Procedure

Veneers may require 2 or 3 office visits from start to finish. Your dentist first examines your teeth. He or she will then discuss what kind of veneers will be used. You and your dentist will choose the right veneer color for your new smile. Your teeth are then prepared for veneers. And the veneers are bonded to your teeth.



The enamel is reduced.



The veneer is bonded.

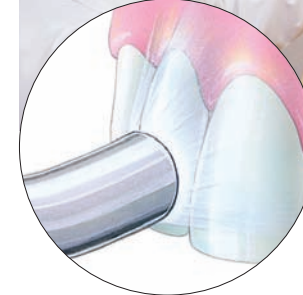
Preparing Your Teeth

Your teeth may be lightly filed. A mold of your teeth is then taken and sent to a lab to make your veneers. Before you leave the office, your dentist may apply temporary veneers. If you don't get temporary veneers, avoid cold foods and drinks. Your teeth may be more sensitive than usual.

Between Visits

Until your next visit, the dentist may tell you to:

- Brush your teeth gently and avoid foods that are too cold.
- Avoid eating hard foods. They may loosen your temporary veneers.



The cement is hardened.

Your dentist makes sure the color of your veneers is right for your teeth.

Bonding of Veneers

Before bonding, your dentist will fit the veneers on your teeth and check the color. Slight changes in veneer color can be made by varying the color of the cement. The surfaces of your teeth are then cleansed. The veneers are bonded to your teeth with a special cement that is hardened with a high-intensity light. Any excess cement is removed. Finished veneers should feel comfortable.

Call Your Dentist If Your Veneers:

- Become uncomfortable
- Discolor or chip
- Loosen