

POST-OPERATIVE INSTRUCTIONS

Caring for Your Veneers

Protecting your new smile

Some sensitivity to hot and cold is normal for a few days as your veneers settle. Treat them like natural teeth — with a little extra care against chipping — and they can last for many years.

✓ Do

- ✓ Brush twice a day and floss gently every day.
- ✓ Use a non-abrasive toothpaste and a soft-bristled brush.
- ✓ Wear a night guard if you grind or clench your teeth.
- ✓ Keep your regular cleanings and checkups.
- ✓ Use scissors — not your teeth — to open packaging.

✗ Avoid

- ✗ Biting hard items: ice, nuts, pens, fingernails, bones.
- ✗ Using your veneered teeth to tear or open things.
- ✗ Excess staining habits (coffee, red wine, tobacco).
- ✗ Abrasive or whitening toothpastes (veneers don't whiten).

📞 Call us if...

A veneer chips, loosens, or comes off · sensitivity lasts more than a week · your bite feels off · a rough edge irritates your tongue or lip.