

Barrett D. Straub, DDS SC.

Porcelain Veneers - Patient Instructions

First 72 Hours

The resin bonding process takes at least 72 hours to cure in its entirety. During this time, you should avoid any hard foods and maintain a relatively soft diet. Extremes in temperature (either hot or cold) should also be avoided. Alcohol and some medicated mouthwashes have the potential to affect the resin bonding material during this early phase and should not be used.

Maintenance

1. Routine cleanings are a must with a hygienist. Use a soft toothbrush with rounded bristles, and floss as you do with natural teeth. Plaque-free maintenance of these restorations is essential to their longevity and the health of your teeth and supportive tissues.
2. Use a less abrasive toothpaste.
3. Although laminates are strong, avoid excessive biting forces and habit patterns: nail biting, pencil chewing etc. These habits WILL cause failure of veneers.
4. Avoid biting into hard pieces of candy, chewing on ice, eating ribs.
5. Use a soft acrylic mouthguard when involved in any form of contact sport.

Congratulations on your new and improved smile!