



CARE FOR PORCELAIN VENEERS

IT IS IMPORTANT DURING THE FIRST 24 HOURS THAT YOU DO NOT BITE THROUGH ANY HARD FOODS. THE VENEERS NEED TO CURE DURING THIS PERIOD OF TIME. EAT ONLY SOFT DIET FOR THE NEXT 24 HOURS.

To best care for your veneers:

Do not chew ice or hard candy, chew on bones, or chew caramels.

Do not use your veneers as tools to open bottles, chew on pens or open packaging, candy wrappers, potato chip bags, etc.

Be aware that excessive amounts of coffee, tea, soy sauce, grape juice, red wine or smoking will stain the veneers over time.

If you play a sport, you must be careful not to subject the veneers to a direct blow. **You should have a plastic protective sport guard constructed if you play sports** such as handball, racquetball, soccer, basketball, football, hockey, roller blading or sports where an errant elbow or stick could hit your ceramic crown.

If you know that you grind your teeth or brux your teeth **it is important that a protective niteguard is made to protect the veneers from excessive stress.**

It is important to spend time everyday to meticulously remove food debris and plaque from your veneers. It is important to maintain regular hygiene and oral exam appointments to maximize the longevity and integrity of your restoration. This also allows us to monitor for gum disease and decay.

If you have any questions, please do not hesitate to call 617.566.5445