



Family & Cosmetic Dentistry

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VENEERS

We have just completed placing veneers on your teeth. These restorations were placed with the finest materials and techniques available today. However, you should be aware of the following information about your restorations:

- **CHEWING:** Avoid chewing excessively hard foods on the veneered teeth because the material can possibly be broken from the tooth with extreme force. Avoid directly biting into the following items: hair pins, fingernails, ice, pistachio nut shells, pitted fruit, ribs, bones (fried chicken, lamb chops, etc.), hard candy nuts, hard bread crusts, bagels, artichokes, frozen foods and beef jerky. Avoid chewing on pencils, pens, straws, etc.
- **PERIODIC MAINTENANCE:** Visit us at regular three to six-month periods. Often problems that are developing around the restoration can be found at an early stage and corrected easily, while waiting for a longer time may require redoing the entire restoration.
- **PREVENTATIVE PROCEDURES:** Your veneers should be cared for in the same manner you care for all your teeth. This includes brushing and flossing after eating and especially before bedtime.
- If you suspect or are concerned about the possibility of damage to your veneers from harmful habits such as grinding or clenching of your teeth, please inform us and we can design a protective appliance for you.
- **THE FUTURE:** We expect that you will receive many years of service from these veneers. However, after watching veneers we have seen the following situations occur, which are unavoidable and may require restoration replacement:
 - Depending on the foods you eat and other factors, there may be a slight change in the color of the veneers over a period of years. When the color change is objectionable to you, the veneers should be replaced.
 - Some veneers may demonstrate slight stains at some locations around the edges. If this appears to be worsening, please inform us.
 - The gums (gingival) may recede from the veneers, displaying discolored tooth structure underneath. This usually takes place over several years and may require veneer replacement.

We have done our best to provide you with the finest quality oral restoration available today. However, as with a fine automobile or watch, only your continuing care and concern can assure optimum service longevity.

Please call if you have any questions.

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