

Care for Your New Veneers

Congratulations! High quality state-of-the-art dental veneers have just been placed on your teeth. You have many years of natural and beautiful smiles ahead of you.

There is usually minimal discomfort and adjustment associated with new veneers. If you have any type of sensitivity or tenderness, give your teeth a few days to adjust. Over the counter ibuprofen or Tylenol may help if you feel you need it.

Your bite has been finely adjusted for optimal function. Dr. Bernal recommends you return to our office for a follow up visit in one to two weeks. At this appointment, a final analysis of your bite will be performed and any adjustments will be made. You may feel your bite is right on, but there might be slight misalignments that could jeopardize the success of your new veneers.

Maintaining your veneers is important. In general, regular dental visits are advised, so that problems that may develop with the veneer bond or on the teeth the veneers are bonded to can be detected early and addressed with minimal effort. In order to insure a long term esthetic appearance of your veneers, our hygienists have been trained in specialized cosmetic dental techniques which will enhance the polish of the veneers. Please be mindful that these veneers can break, much like natural tooth enamel can break--opening and tearing things with your teeth as well as biting into hard substances is not advised. In some instances with patients who grind or clench their teeth excessively, a night time bite guard will be recommended to protect your veneers.

If you have any questions about the care of your veneers, please ask us.

Enjoy your beautiful new smile!