



Veneers/Bonded Crowns

Congratulations! You have just received the most up-to-date, state-of-the-art composite resin Porcelain veneer / porcelain crown dentistry has to offer. Your cosmetic bonding has been accomplished with the following materials:

To insure maximum beauty and longevity, a few points should be mentioned:

- Brush with an ultra-soft toothbrush at least two times a day. Floss at least once a day, preferably before bedtime.
- As with your natural teeth, the bonded material can pick stains: try to avoid or keep to a minimum tobacco, coffee, tea, soy sauce, curry, colas, grape juice, blueberries or red wine. Routine dental cleanings will usually remove stains. Do not use baking soda or any abrasive toothpaste, including whitening toothpaste. The toothpaste we recommend for veneers are Rembrandt.
- Do not rinse routinely with mouthwashes, as they are high in alcohol. Alcohol softens bonding and weakens the bond of porcelain. If mouthwash is desired, a solution of hydrogen peroxide and water could be used or select a non-alcohol containing mouth wash such as Breath Rx or Rembrandt, which can be purchased from our office.
- Sodium fluoride is the only home fluoride that should be used. Stannous fluoride or acidulated phosphate fluoride are not recommended for composite resin bonding or porcelain. ACT and/or Fluoridex are sodium fluoride rinses and can be recommended for home use.
- Habits such as opening packages with your teeth, biting thread, chewing ice, nail biting or pipe smoking should be avoided. Avoid direct biting into ribs, bones, hard candy, nuts, or hard bread and rolls, as this puts stress on the material and could result in a fracture. Be aware that certain foods such as spare ribs, corn on the cob, carrots and apples can also put added stress on bonded teeth and possibly increase the need for repairs. Most kinds of sandwiches are not a problem.
- If a chip or a fracture does occur, it frequently requires only a simple renewal using the same or similar material. It is a short appointment and the fee is similar to that for a restoration on a front tooth.
- How long bonding lasts depends on many things. It's a lot like getting a new set of tires. How long they last depends on the quality of the tire, the type of road surfaces traveled, the way you drive and how many miles you drive in a year. In the same manner, longevity of your veneers depends on your habits and how much stress is placed on the front teeth.

- Since your cosmetic bonding is accomplished in one or two office visits, your teeth will feel different to your lips and tongue when you first close your mouth. This is normal and to be expected when changes have been made to the shape and size of the teeth. Sometimes, your speech may change or be affected in the beginning until your tongue adapts to the changes. Even though the changes are slight, (measurable only in millimeters), your mouth is extremely sensitive and will exaggerate those fillings at first. Usually, after a couple of days, the feelings lessen and your mouth will feel normal again.

Thank you for allowing us to help restore your
beautiful smile!