

Eggert Family Dentistry

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Instructions after Veneers

After the Preparation Appointment

You will have a temporary. This is weakly held on to the teeth to facilitate easier removal on the day of veneer cementing. Be sure to avoid sticky foods and gum so as to not pull the temporary off. Also avoid hard or crunchy foods. It is best to eat soft foods.

Expect your gum tissues to be sore for a few days. It helps to rinse with warm salt water (8 oz warm water and 1 teaspoon salt) 2-3 times daily for 3-5 days or more. It also helps to take some over-the-counter pain medication like ibuprofen or Tylenol for both gum soreness, tooth soreness, and jaw soreness. Take that as directed in our office.

It is important to brush and floss. This will help the gum tissues heal faster. Brush with small, circular, massaging strokes along the gumline. Your temporary splints your teeth together so remember to use the floss threader as directed in our office.

If the temporary happens to chip or fracture, please call us so we can find a time to repair it.

Occasionally teeth undergoing the preparation procedure will experience inflammation in the nerve. This can happen with any tooth, but more commonly occurs in a tooth that has had a large filling or deep decay, cracking, fracture, or pain before the preparation procedure. The inflammation in the nerve tissue can become irreversible, necessitating additional procedures with the tooth. If you have any of the following signs or symptoms, call our office right away:

- Prolonged pain after cold, hot, or chewing that gets worse over time
- A dull ache that won't go away
- The need to take over-the-counter pain medicine for 5 days or more "around the clock" (every 4-6 hours or more)
- Pain that wakes you up at night
- Pain that gets worse over time instead of better
- Swelling getting worse in the gums or tissues surrounding the tooth

After the Cementation Appointment

The gum tissues and teeth may be sensitive and sore for a couple of days. Use warm salt water rinses and over-the-counter pain medicines during this time if needed. Brush and floss the veneers as you would any tooth. If you experience any of the signs or symptoms listed above describing inflammation in the nerve, please call our office right away.

It is important to avoid scrubbing the gumline while brushing to prevent gum recession. Gum recession is irreversible and can be unsightly, exposing the junction between your veneer and your tooth. Flossing daily and gentle brushing will keep your gums healthy and prevent this from occurring.

Veneers are prone to staining like any tooth. Smoking, coffee, tea, red wine, berries, and other foods can cause the veneers to look darker.

Hard or crunchy foods or excessive forces (from nail biting, fishing line, pens or pencils in the mouth, etc.) can cause veneers to fracture. Veneers have a strong bond with the tooth, but they are still made of a glass-like material and can be damaged. It is important to treat them with care.

If an occlusal guard or night splint was recommended it is because you have excessive biting forces. These forces can also weaken or fracture veneers over time. Be sure to wear your occlusal guard every night.