

Post-operative care for veneers is divided into two phases: the **temporary phase** (while waiting for your final restorations) and the **permanent phase** (after your final veneers are bonded).

Immediate Aftercare (First 24–48 Hours)

- **Wait to Eat:** Do not eat or chew until the anesthesia has completely worn off to avoid accidentally biting your tongue or cheek.
- **Manage Sensitivity:** It is common to feel sensitivity to hot and cold temperatures for several days. Use a toothpaste designed for sensitive teeth and avoid extreme temperature foods.
- **Pain Relief:** Over-the-counter pain relievers like Advil (Ibuprofen) or Tylenol (Acetaminophen) can help with minor discomfort or gum soreness.
- **Saltwater Rinses:** To soothe tender gums, rinse with a warm saltwater solution (1/2 to 1 teaspoon of salt in a cup of water) 2–3 times daily.

Care for Temporary Veneers

While wearing temporaries, you must be extra cautious as they are held by temporary cement:

- **Avoid Sticky & Hard Foods:** Do not eat gum, taffy, caramel, nuts, or hard candy, which can pull off or break the temporary.
- **Be Careful Flossing:** If your temporaries are fused, you may not be able to floss. If you can floss, pull the floss out through the side rather than up to avoid dislodging the veneer.
- **If a Temporary Falls Off:** Contact your dentist immediately to have it re-cemented. In the interim, you can use a small amount of Fixodent or denture adhesive to temporarily hold it in place.

Long-Term Care for Permanent Veneers

Once your final veneers are placed, maintain them with these habits:

- **Dietary Adjustments:**
 - **Avoid Biting Directly:** Do not use your front teeth to bite into hard foods like apples, raw carrots, or crusty bread; cut them into small pieces instead.
 - **Limit Staining Agents:** While porcelain is stain-resistant, the bonding cement at the edges can stain. Limit coffee, tea, red wine, and tobacco.
- **Oral Hygiene:**
 - Use a **soft-bristled toothbrush** and **non-abrasive fluoride toothpaste** to avoid scratching the surface.
 - Continue flossing daily to prevent decay at the gum line where the veneer meets the tooth.
- **Protect Against Damage:**
 - **Night Guards:** If you grind your teeth (bruxism), wearing a custom night guard is essential to prevent the porcelain from fracturing.
 - **No Teeth as Tools:** Never use your teeth to open packages, bite nails, or chew on pens/ice.

When to Call our Office

- Your **bite feels uneven** or high when you chew.
- A veneer feels **loose**, chips, or falls off.
- Severe or persistent pain that does not subside after a few days.