

DIRECT RESIN VENEERS CARE INSTRUCTIONS

Congratulations! You have just received the most up-to-date; state of the art composite resin veneer dentistry has to offer.

To insure maximum beauty and longevity, please follow the advice below:

- Brush with a soft toothbrush two times a day and floss at least once a day, preferably before bedtime
- Although it is possible for Direct Composite Resin materials to pick up surface stains from foods, usually it is less than that seen on natural teeth. Staining will be less if you avoid or try to keep to a minimum tobacco, coffee, tea, soy sauce, curry, colas, grape juice, blueberries or red wine. Brush and floss normally. Do not use any abrasive toothpaste. RDA value under 250 is advisable.
- Do not rinse routinely with mouthwashes that contain alcohol. Alcohol can soften bonded composite resin. If mouthwash is desired, a solution of ½ hydrogen peroxide and ½ water could be used or select a non-alcohol containing mouthwash
- 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 is a sodium fluoride rinse 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. 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, the veneer can usually be renewed using the same material. It is a short appointment and the fee is similar to that for a restoration for 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 travelled, 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 a single office visit, 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 millimetres), your mouth is extremely sensitive and will exaggerate those feelings at first. Usually, after a couple of days, the feelings lessen and your mouth will feel normal again. Congratulations once again!

