



LAKEVIEW  
— DENTAL —

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## CARE INSTRUCTION SHEET FOR PORCELAIN VENEERS

- 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 slight changes. Usually, after a couple of days, the feelings lessen and your mouth will feel normal again.
- It is as important to clean your porcelain restorations, as it was your natural tooth surfaces. You can still develop decay at natural tooth junctions where plaque can be found.
- Floss daily to control plaque between your teeth and under your gums. This plaque can also cause decay and periodontal disease, which can lead to the failure of the porcelain restorations.
- Using prescription strength fluoride toothpaste called Prevident 5000 Plus will help strengthen the edges of your new porcelain teeth and keep them resistant to new decay.
- Always let your hygienist know not to use a prophylaxis jet or heavy abrasive polishing prophylaxis paste for cleaning your new porcelain smile. This material can remove the shine on the porcelain restorations.
- The cement layer at the margin of your veneers can pick up stains. Try to avoid or keep to a minimum tobacco, coffee, tea, soy sauce, curry, colas, red wine, etc. Do not use baking soda or any abrasive toothpaste.
- 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.
- Wearing your biteguard nightly will protect and lengthen the life of your porcelain smile.