

Post Op Instructions for Temporary Veneers

- Your temporary veneers are made with an acrylic-plastic material, which you will wear for a short period of time while your permanent veneers are being fabricated at our lab. These temporaries are only slightly bonded to your teeth, so that they are easily removed to place your porcelain. Due to this you may experience minimal cold sensitivity.
- If a temporary becomes detached or falls off, call & we will replace it immediately. If you are unable to come in right away, slide the temp back on with some Vaseline (petroleum jelly) & wear your bleach tray over them until you are able to get in. It is important to see us as soon as possible to have it properly attached.

Your temporary teeth will feel more bulky and will not be the exact color we have selected.

Sensitivity to cold is very normal and will subside once your permanent veneers are placed. You may want to avoid drinking very cold or hot liquids.

Roughness on the teeth actually increases the bond between the porcelain veneer and the teeth. Your permanent veneers will be very smooth.

Discoloration: Since we removed the very outer layer of enamel, your teeth may appear slightly darker and may be more susceptible to staining. This will polish of when we place the permanent.

“Teeth look more crooked”: Since we are going to straighten your teeth with the veneers, our preparation may have changed the shape of your teeth to make room for the new veneer. Remember that this is just a temporary stage and your new smile will be beautiful!

THINGS TO AVOID

We recommend that you cut your foods into bite size portions & chew with your back teeth.

1. Avoid chewing excessively hard foods (hard candy, ice nuts, hard breads, bagels, sandwiches, pizza crust, etc.) the added force can cause the material to detach from the tooth surface.
 2. Do Not floss between temporaries to avoid pulling them off
- POST OP Instructions:
 1. Chlorhexidine syringe - You will massage gums with cotton tip to help cut down on bacteria.
 2. Motrin 800mg - 4pack – You will need to take for first couple of days to help minimize any post operative sensitivity. If the Motrin does not agree with you it is okay to substitute with an extra strength Tylenol.
 3. Vitamin E - Massage Vitamin E oil on to gums gently for the first few days.

4. Swish with warm salt water rinses for first few days.

If you have any questions or are experiencing anything out of the ordinary regarding your treatment please do not hesitate to let us know.