

CASTILLO DENTAL CARE HOME CARE INSTRUCTIONS FOR **PORCELAIN VENEERS**

Do not eat for at least 2 hours and until the anesthesia has worn off.

Temporary: A temporary is an acrylic veneer that is placed on the prepared teeth for protection during the time the permanent veneer is constructed in the lab. The patient may wear the temporary from 2-4 weeks. The temporary serves several important purposes: it protects the exposed dentin to minimize sensitivity, helps to prevent recurrent caries, prevents the tooth from shifting, and last but not least, restores tooth contour and appearance. The temporary is placed with cement that is designed to come off easily, so avoid chewing sticky foods such as gum or taffy. Use your toothbrush to clean the temporary as you normally do your other teeth. You may also floss or, if there is more than one veneer and the temporaries are fused, you may need a floss threader. To avoid possibly loosening the temporary, it is best to pull the floss out below the contact rather than lifting up to remove it.

If your temporary comes off between appointments, slip it back on and call our office in order to re-cement it for you.

A little denture adhesive placed inside the veneer can help to hold it in place in the interim.

Sensitivity: Sensitivity, especially to cold, is common for a time following treatment. For the first few days avoid extremely hot or cold foods and beverages. If your gums were re-contoured during treatment they may be tender after the anesthesia wears off. Rinsing with warm salt water by dissolving ½ teaspoon of salt in 8 oz. of warm water will help. An analgesic such as Tylenol or Advil will also increase your level of comfort.

Permanent Veneers: After the final cementation of your permanent restoration, it may take a few days to get used to the new veneers. Your bite and the way your teeth come together, may feel different. If your bite feels unbalanced, please be sure to call our office for an appointment to make the adjustment.

Home Care: To maintain the veneers and your new smile, it is important to remember that the underlying teeth are still vulnerable to decay, especially at the gum line where the tooth and veneer meet. It is important to resume regular brushing and flossing immediately. Daily home care and regulating your intake of sugar-containing foods will increase the longevity of your new restorations.

If you have any questions or problems, please contact our office.