

CARE FOR YOUR CERAMIC VENEERS

- Do not chew on anything hard for the first 24 hours.
- Do not use your ceramic veneers as tools to open bottles, chew on pens, open packaging, candy wrappers, potato chip bags, etc.
- Excessive amounts of coffee, tea, soy sauce, grape juice, red wine or smoking will stain your veneers over time.
- If you play a sport, you must be careful not to subject the veneers to a direct blow. You should have a plastic protective sports guard constructed if you play sports such as handball, racquetball, soccer, basketball, football, hockey, roller blading or sports where an errant elbow or stick could hit your ceramic crown.
- It is important that a **night guard** is made to protect the veneers from excessive stress. A night guard is mandatory. If you haven't received one during your treatment, please call us for an appointment to schedule impressions for fabricating this custom night guard.

HYGIENE: It is important to spend time every day to meticulously remove food debris and plaque from your veneers. Caring for your veneers is no different from your natural teeth. It is important to maintain regular hygiene and oral exam appointments to maximize the longevity and integrity of your restoration. This also allows us to monitor for gum disease and decay which are common around and underneath the veneers if not maintained properly.

Please give us a call if you have any questions or send us an email at: frontdesk@dentallavelle.com