

Patient Care Bonding & Veneers

Congratulations! You have just received the most up-to-date, state of the art composite resin bonding or veneer treatment. To insure maximum beauty & longevity, we suggest that you follow the following recommendations:

1. Brush with an ultra-soft toothbrush at least 2 times a day. Floss at least once a day, preferably before bedtime. This will reduce the risk of decay recurring around the bonding margins & will help to keep your gum tissue healthy & at the same level as it currently rests.

2. As with our natural teeth, the bonded material can pick up stains. Try to avoid or keep to a minimum the following:

tobacco • coffee / tea • red wine • soy sauce • curry • tomato sauce • colas • blueberries

Routine dental cleanings will usually remove stains. Do not use baking soda or any abrasive toothpaste. The toothpaste most recommended to keep the shine & luster of composite bonding is “plain” CREST toothpaste as it is low in added abrasives.

3. Biting stresses on bonded teeth will increase the risk of fracture & need for repairs. The following should be avoided using your teeth:

opening packages • biting thread • chewing ice • nail biting • pencil biting • pipe smoking

Be aware that certain foods such as spare ribs, chicken wings, corn on the cob, raw carrots & apples, hard candy, nuts or hard bread & rolls also puts added stress on bonded teeth. & possibly increases the need for repairs. Most kinds of sandwiches are not a problem.

Patients who may grind or clench their teeth (either during daytime activities or at night) will increase the likelihood of chipping the edges of the bonded resin or veneers. A protective bite guard appliance should be worn to absorb the stresses & protect the bonding.

4. Do not rinse routinely with mouthwashes, as they are high in alcohol. Alcohol softens bonding & weakens the bond of porcelain. If mouthwash is desired, a solution of ½ hydrogen peroxide & ½ water could be used or select a non-alcohol containing mouthwash.

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5. If a chip or fracture does occur, it frequently requires only a simple renewal using the same material. It is a short appointment & the fee is similar to that for a restoration (filling) for a front tooth.
6. How long the 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 & how many miles you drive in a year. In the same manner, longevity of your bonding / veneers depends on your habits, diet & how much stress is placed on your front teeth.
7. Since your cosmetic bonding is accomplished in a single office visit, your teeth may feel different to your lips & tongue when you first close your mouth. This is normal & to be expected when changes have been made to the shape & 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 millimeters), your mouth is extremely sensitive & will exaggerate those feelings at first. Usually, after a couple of days the feelings lessen & your mouth will feel normal again.

We hope these recommendations will help you enjoy your new smile!

