

## **ESTHETIC VENEERS MAINTENANCE INSTRUCTIONS**

1. Don't chew ice, bite fingernails or try to open bottles with your front teeth.
2. To prevent staining, try to avoid or minimize use of coffee, tea, soy sauce, curry, colas, grape juice, blueberries and red wine.
3. Avoid biting any hard foods with your front teeth. Minimize intake of sticky, sugary foods that can damage or weaken the bond between your veneer and your natural tooth.
4. Don't pick at the restoration (veneer). If you feel a rough edge with your tongue, call for an appointment to have the edge properly refinished.
5. Don't use baking soda or any abrasive toothpaste.
6. Don't rinse with mouthwash high in alcohol content as this may weaken the porcelain bond.
7. If you clench or grind your teeth, a customized night guard may be necessary to prevent fractures.
8. Use only sodium fluoride at home. Stannous or acidulated phosphate fluorides are not recommended.
9. Floss daily. Use of a rotary type-cleaning device may be beneficial.
10. If your restoration chips or fractures, we will repair it at no charge for the first year. This applies to "no fault" accidents only. It does not cover abuse, auto or sports accidents, or lack of compliance with the previous instructions.
11. Our patients' health and happiness are very important to us. Please do not hesitate to ask if you have any comments, questions, or concerns. We are here to serve you.

*Exceptional Care, Every Appointment*