

## **In office Resin Veneers (Bonding)**

***Congratulations on your new smile! We have done our best to provide you with the finest quality filling material & techniques available today. With proper care & follow up, we expect that you will receive several years of service from your new bonding.***

### ***Chewing***

- Remember that it may take time to adjust to the feel of your new bite or the way your teeth fit together
- Don't be concerned if your speech is affected for the first few days. You'll quickly adapt and be speaking normally.
- You may notice increased salivation. This should also be back to normal in about a week.
- Don't chew on ice, pencils, finger nails and avoid chewing excessively hard foods such as hard candy, popcorn hulls, bones, etc..
- **Never bite off carrot sticks, pretzels, apples, etc. with your front teeth.**
- If you detect any high spots or have problems with your bite please call us at (262) 338-2992 to schedule an appointment for an adjustment.

### ***Sensitivity***

- It is normal to experience some hot & cold sensitivity. Your gums may also be sore for a few days. A mild pain medication (Tylenol or Ibuprofen) should ease any discomfort.

### ***Oral Hygiene***

- As with your natural teeth, veneers require good oral hygiene. Always brush with an ultra soft toothbrush. Floss between all teeth at least once a day. Always use a non-abrasive, fluoride toothpaste. Swish daily for thirty seconds with a fluoride mouth rinse.
- Like natural teeth, the bonded material can pick up stains. Try to avoid or keep to a minimum: tobacco, coffee, tea, soy sauce, colas, grape juice, blueberries or red wine. Dark pigments can stain your veneers.
- We will examine and polish your veneers at your regular check up & cleaning visit. Often problems that are developing around the veneers can be found at an early stage and repaired easily.

### ***Protection***

- If you grind or clench your teeth, you may need to have a night guard made to minimize the stress that you place on your teeth. This will lengthen the life of your veneers.
- If you engage in sports, let us know so we can make a custom mouthguard.

With proper home care and scheduled recall visits your veneers are sure to provide you with a beautiful smile for years to come. If you have any questions, please call us at

262.338.2992