

PORCELAIN VENEERS

We have placed porcelain veneers on your teeth. These restorations were placed with the finest materials and techniques available today. However, you should be aware of the following information about your restorations:

CHEWING: As with natural teeth, avoid chewing excessively hard foods on the veneered teeth (hard candy, ice, raw carrots, bones, etc.) because the porcelain material can be broken from the teeth under extreme forces.

RECALLS: Visit us for examinations and checkups at regular six-month examination periods. Often, problems that are developing with the veneers can be found at an early stage and repaired easily, while waiting for a longer time may require redoing entire restorations. We will contact you when it is time for your recall appointment.

PREVENTIVE PROCEDURES: To provide optimum longevity for your restorations and to prevent future dental decay and supporting tissue breakdown, *please use the following preventive procedures that are checked:*

- a. Brush with a fluoride-containing toothpaste and floss after eating and before bedtime.
- b. Swish vigorously for at least 30 seconds *daily* with *one* of the following fluoride containing rinses:
(1) Colgate Fluorigard; (2) Johnson & Johnson Act; or (3) Listermint with fluoride. The best time is immediately before bedtime.
- c. Swish vigorously with 0.2 percent neutral sodium fluoride *daily* before bedtime. (This product requires a prescription from us.)
- d. Use a 1.1 percent neutral sodium fluoride. (this product requires a prescription from us and a special tray for fluoride application.)
- e. Use a Water Pik.

THE FUTURE: We expect you will receive several years of service from these veneers. However, after watching veneers for many years, we have seen the following situations occur occasionally. They are unavoidable and may require restoration replacement:

- a. Extreme force or trauma can break porcelain veneers just as the same force can break natural teeth. Use care in sports or other potentially traumatic situations. We recommend an athletic mouthguard in these instances. Do not bite extremely hard objects with one tooth. Breakage usually requires remaking the restoration, but occasionally it can be repaired.
- b. After a few years, some veneers may demonstrate slight stains at some locations around the edges. Please tell us if this situation occurs. Repairs can sometimes be accomplished.
- c. The gums (gingiva) may recede from the veneers, displaying discolored tooth structure underneath. This situation usually takes place over several years and requires veneer replacement.

We have done our best to provide you with the finest quality oral restorations available today. However, as with a fine automobile or watch, only your continuing care and concern can assure optimum service longevity. Replacement of the restorations may be required in several years.

Thanks.