

Veneer Aftercare Advice

After having your veneers placed, it's important to maintain a good oral hygiene regime, including brushing at least twice a day, using floss and a mouthwash. Ensure you attend for your regular check-ups as this will allow your dentist to help provide continuing advice and check on the health of your veneers, as well as your oral health in general. Avoiding grinding your teeth as this can severely damage your teeth. If you tend to grind your teeth, speak to your Hampton dentist who will be able to advise treatment to reduce this.

The first few days after your veneers are placed

If you have received anaesthetic, follow the advice given to you by your dentist and wait for the anaesthetic to wear off before eating and drinking.

For the first few days you may notice that your teeth are slightly sensitive to extremely hot or cold foods. This is normal and should dissipate after a few days. If there is some discomfort, you may use painkillers, but always follow the manufacturers guidance when doing so.

New veneers and eating

Veneers are extremely durable, and are fixed in place at Hampton Dental Care using a patented bonding agent. However, as with your natural teeth, it is best to avoid extremely hard foods to reduce the risk of cracking and chipping your veneers.

For the first few days after having your veneers placed, you may want to eat softer foods until your mouth and teeth adjust to having veneers in your mouth. After this, you can eat normally, taking care of your veneers as you would your natural teeth, avoiding chewing or biting on objects or opening packages with your teeth.

As with your natural teeth, some foods can cause staining of your veneers including berries, wine, coffee, tea, fizzy drinks, curry and sauces. Tobacco is also a major cause of staining. Teeth whitening procedures do not impact the shade of veneers, so it is important to avoid products and foods which can increase staining of your veneers.

Looking after your veneers

As veneers are extremely durable, they should last for many years. This will depend on how well you look after your veneers and your oral health though. Attending for your regular check-ups will also help to maintain them for longer as your dentist can monitor your oral health, and the health of your veneers. If they start to wear or break because of an accident, do not try to fix it yourself. Contact Hampton Dental Care and we will inform you of the best course of action, depending on the type of problem you have.