



## Post-op Care Instructions: Veneers and Lumineers

### Hygiene Care:

- > While in temporaries, you should take great care in keeping the gums around the treated teeth clean and free of irritation.
- > Brush the gums thoroughly around the veneers and rinse. If the gums become excessively inflamed during the time you are in temporary veneers, your appointment to bond the permanent veneers will be postponed for a minimum of one week, or until the irritation is relieved.

### Numbness:

- > Anesthetic is usually used for veneer preparation. Your lips and tongue may be numb for several hours after your appointment. It is recommended that you avoid chewing until the numbness has completely worn off to avoid injury.

### Soreness:

- > The injection site may be sore. Over-the-counter pain medications should handle any discomfort.

### Sensitivity:

- > Hot, cold, and pressure sensitivity is normal after your appointment and may persist while the temporaries are in place.

### Permanent Veneers:

- > As dental veneers are bonded to the tooth, there is some chance that the bonding agent may fail, resulting in the veneer “popping” off the tooth. If this happens, bring the veneer with you to our office. We may be able to easily re-bond it to your tooth.
- > Once the final veneers are bonded in place, if you notice any dark satining at the gum line, experience, hot, cold, or bite sensitivity, or any other unexplained persistent sensitivity, please call our office for an exam.
- > Your dentist may recommend you wear a night-guard for as long as you wish to keep the new veneers protected from fracture. Nighttime clenching is the most common cause of veneer failure. We cannot warranty your veneers unless you are wearing your night-guard to sleep on a regular basis.
- > You may notice certain sounds, such as those made using the letters “v” and “f” may be difficult to make at first as the edge of the top teeth may be different than your original teeth, and even the temporaries. Also, some patients complain that they are spitting when they talk. Please understand that it may require time to re-train your lips when speaking and may take as long as 3-6 months.