



### **Do's and Don'ts for Acrylic Temporary Veneers**

There is a chance your new smile will feel a little different at first. This is normal. It can take a few days for the shape, size and positioning to feel natural.

#### **Do's**

- Use a soft to ultra-soft tooth brush
- Brush lightly in circular motions
- Use a mouthwash (if provided)

#### **Don'ts**

Please avoid the following:

- Grinding or clenching
- Flossing as this may loosen the bond between your natural tooth and the temporary one(s)
- Biting things that may chip your teeth (ie: hard candy, ice, fingernails, paperclips etc.)
- Opening packages with your teeth as this may cause teeth to twist and loosen

### **Do's and Don'ts Porcelain for Veneers**

#### **Do's**

Your new smile needs the same good care as natural teeth.

- Use a soft to ultra-soft toothbrush either electric or manual
- Brush lightly in circular motions
- Use a non-abrasive toothpaste (any toothpaste with whitening properties is too abrasive for your veneers)
- Floss daily
- Wear your night guard every night
- See your dentist every 6 months for your recare exam

#### **Don'ts**

Like natural teeth, certain things can alter the way your teeth look and feel.

Please avoid the following:

- Grinding or clenching
- Biting things that may chip your teeth (ie: hard candy, ice, fingernails, paperclips etc.)
- Opening packages with your teeth as this may cause teeth to twist and loosen

**Please do not hesitate to call us if you have any questions or concerns!  
Enjoy your new smile!**