



## **DO'S AND DON'T'S 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**

It is important to look after your temporary veneers.

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

### **Don't's**

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't's 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't's**

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!*