

Veneer (Preparation) – Post-Op Instructions

After Anesthesia

- Numbness may last several hours; avoid chewing until it fully wears off.
- Be careful not to bite your cheeks, lips, or tongue.

Temporary Veneer

- The temporary protects the tooth, prevents sensitivity, and keeps the tooth from shifting.
- It is cemented with weak, temporary cement – avoid sticky, chewy, or hard foods.
- Avoid biting into foods with your front teeth; cut food into small pieces and chew with back teeth.
- Brush normally; when flossing, slide the floss out instead of popping it up.
- If the temporary comes off, place it back on if possible and call the office to have it recemented.
- Temporary veneers may feel slightly bulkier or less smooth than the final veneers.

Color, Esthetics & Whitening

- The shade of the temporary does **not** reflect the final veneer color.
- Final veneers will be more natural-looking and translucent.
- **If you plan to whiten your teeth, it must be completed before the final veneer cementation**, as whitening does not change veneer color.

Sensitivity

- Sensitivity to cold or pressure is common for 2 days to 2 weeks.
- Sharp “zingers” can occur and are normal with veneer preparations.
- Avoid very hot or cold foods/drinks if sensitivity occurs.
- Gum tenderness is normal; rinse with warm salt water ($\frac{1}{2}$ tsp salt in 8 oz warm water).
- Take OTC pain medication as needed.
- If symptoms worsen or the temporary feels “high,” call the office for an adjustment.

Staining Precautions

- Temporaries can stain easily; limit coffee, tea, red wine, dark sauces, and smoking/vaping.

General Notes

- Follow all instructions to ensure proper healing and successful placement of the permanent **veneer**.
- Contact your dentist if you have concerns or unusual discomfort.
- You are responsible for costs if instructions are not followed.