

Veneer (Seated) – Post-Op Instructions

Adjustment Period

- It may take a few days to get used to your new veneers.
- If your bite feels high or imbalanced, call your dentist for a simple adjustment.

Home Care After Seating

- Veneers are strong, but the tooth underneath can still decay – especially at the margin.
- Resume regular brushing and flossing immediately.
- Daily home care, limiting sugar, and keeping your scheduled recare visits will increase the longevity of your veneers.
- Avoid using your front teeth to bite into hard foods (e.g., ice, nuts, hard bread, fingernails).

Important Note About Clenching & Grinding

- Veneers are exposed to the same wear and tear from clenching and grinding as natural teeth.
- Even the strongest porcelain is **not immune** to these extreme forces.
- If clenching or grinding continues, it can lead to:
 - Veneers chipping or breaking
 - Porcelain fracture
 - Tooth nerve irritation
 - Damage to the supporting bone
 - Accelerated wear on other teeth
- These issues can significantly shorten the lifespan of veneers.

Understanding the Risk

- In some cases, new veneers may **aggravate** clenching or grinding.
- They may change the pattern or **accelerate** the rate of wear or damage, sometimes faster than before.
- This affects both veneered teeth and natural teeth.

Protection

- Clenching and grinding must be controlled or minimized, typically with a **nightguard or NTI**.
- Ask your dentist about protective options.

General Note

You will be responsible for all costs incurred if these instructions are not followed.