

Seitlin Dental
(704) 375-2030

POST-OPERATIVE INSTRUCTIONS FOR VENEERS

When you receive veneers, you are making an investment in your mouth. Please take the following steps to ensure that your veneers will last you for years to come.

Brushing

- Brush twice a day for at least 2 minutes.
- It is possible to get a cavity under your veneer. Pay special attention to your gumline. Plaque and bacteria at your gumline will lead to decay that can cause your veneer to fail.
- A mechanical or ultrasonic brush, such as Sonicare, will help you to adequately remove plaque and bacteria. In addition, most electric brushes have a timer that assists you in brushing for a full 2 minutes.
- Pay special attention to the area where your veneer meets your gums. This area can trap bacteria and plaque which can lead to a cavity under your veneer.

Flossing

- Floss all of your teeth at least once a day.
- Make sure that you insert your floss in between each tooth. You should hear a “pop.”
- Wrap the floss around each tooth and move it up and down to loosen and remove food and bacteria.
- Use a new section of floss for each tooth.
- Floss fingers and other appliances available at the grocery store can help you reach your back teeth easily.
- Waterpicks and AirFloss (by Sonicare) devices are useful to help keep the bottom area of the open space between your teeth clean. You must still floss the contact where your dental crown and adjacent teeth meet (the “pop” area described above).

Fluoride

- Prescription strength fluoride can prevent new cavities and reduce gum inflammation caused by bacteria.
- Fluoride also reduces tooth sensitivity and soothes discomfort after tooth whitening.
- ACT is an excellent over-the-counter fluoride rinse.

Dental Visits

- You should visit our office at least twice a year for professional dental cleanings or more often if directed.
- At least once per year x-rays will be taken and each tooth will be checked for cavities, cracks, and infection. Please call our office at any time if you are experiencing any tooth problem or wish to see our hygienist or Dr. Seitlin. We are here to help.

Occlusal Guards

- Clinching and grinding exerts pressure that can be generated across the teeth that can range from 100 to 600 psi (pounds per square inch). That incredible amount of force can cause many different problems related to your gums, jaw, and teeth.
- Clinching and grinding when you have multiple porcelain restorations can cause cracks and fractures to your natural teeth. Porcelain by nature is a harder material than natural enamel.
- An occlusal guard is an appliance designed from dental models of your teeth and made of a rigid plastic. It covers either your upper or lower teeth and prevents the teeth from coming together while sleeping at night. It also provides a guide for your jaw so that muscles can relax and bite problems will not trigger the bruxing action.