

Porcelain Veneers

We have placed porcelain veneers on your teeth. These restorations were placed with the finest materials and techniques available today. However, you should be aware of the following information about your restorations:

Chewing: As with natural teeth, avoid chewing excessively hard foods on the veneered teeth (hard candy, ice, raw carrots, bones, etc.) because the porcelain material can be broken from the teeth under extreme forces.

Examination periods: Often, problems that are developing with the veneers can be found at an early stage and repaired easily, while waiting for a longer time may require redoing entire restorations. We will contact you when it is time for your recall appointment.

Preventive Procedures: To provide optimum longevity for your restorations and to prevent future dental decay and supporting tissue breakdown, we will recommend some or all of the following preventive procedures:

- a. Brush with a fluoride-containing toothpaste and floss after eating and before bedtime. Swish vigorously with 0.2 percent neutral sodium fluoride daily before bedtime. (This product requires a prescription from us.)
- b. Use a 1.1 percent or stronger neutral sodium fluoride. (This product requires a prescription from us and a special tray for fluoride application.)
- c. Use a Water Pik

The Future: We expect you will receive many years of service from these veneers. However, after watching veneers for many years, we have seen the following situations occur occasionally. They are unavoidable and may require restoration replacement:

- a. Extreme force or trauma can break porcelain veneers, just as the same force can break natural teeth. Use care in sports or other potentially traumatic situations. We recommend an athletic mouthguard in these instances. Do not bite extremely hard objects with one tooth. Breakage usually requires remaking the restoration, but occasionally it can be repaired.
- b. After a few years, some veneers may demonstrate slight stains at some locations around the edges. Please tell us if this situation occurs. Repairs can

usually be accomplished.

c. The gums (gingiva) may recede from the veneers, displaying discolored tooth structure underneath. This situation usually takes place over several years and requires veneer replacement.

We have done our very best to provide you with the finest quality oral restorations available today. However, as with a fine automobile or watch, only your continuing care and concern can assure optimum service longevity. Replacement of the restorations may be required in several years. Thank you.

Temporary Restoration for Veneers

You have just had some teeth prepared for porcelain veneers. The teeth have received temporary plastic restorations to allow you to carry on your life in a normal manner while the new veneers are made. The following information will help you go through these few days more easily:

1. Temporary veneers do not resemble the final ones in any way.
2. Temporary veneers are attached only slightly to the underlying teeth so they can be removed easily. Be careful to eat only on teeth without temporary veneers on them.
3. If a temporary veneer comes off, call us and we will replace it immediately. If you are in a situation that will not allow you to come into the office, go to the pharmacy and buy Fixodent (a denture adhesive) and place the veneer back in place yourself. However, you must still see us as soon as possible.
4. Prepared teeth may be sensitive to hot, cold, or sweets. Do not worry, the final ones will not have these sensations.
5. Your gums will be slightly irritated for a few days. Avoid heavy brushing of the temporary veneers. Do not floss between the temporary veneers because you may pull them off.

Your final porcelain veneers will be as close to the natural beauty and function of teeth as possible. They look and feel normal in every way. We will have them for you in a few days.

Dr. Lyford placed his first set of veneers 19 years ago; they are still in service and still look great.

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