

# Westgage Dental

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## PORCELAIN VENEERS/ COMPOSITE BONDING

We have placed porcelain veneers (or composite bonded restorations) on your teeth. These restorations were placed with the finest quality materials available today. Please be aware of the following so that we can assure optimum service and longevity:

**THE FIRST FEW DAYS:** The resin bonding process takes at least 48 hours to fully cure. During this time, you should maintain a soft diet. Extreme temperature changes (either hot or cold) should also be avoided. Alcohol and some medicated mouthrinses have the potential to affect the resin bonding material and should not be used.

**EATING:** As with natural teeth, avoid chewing excessively hard foods on the veneered/bonded surface such as candy, carrots, apples, ribs, nuts etc. Extreme forces can cause the porcelain to break. Smoking, eating berries, coffee, tea, and red wine can stain the restorations. Habits such as nail and pencil biting should be avoided.

**MAINTENANCE:** To provide optimum longevity for your restorations and to prevent future dental decay and supporting tissue breakdown, please brush and floss your teeth daily. Do not use abrasive toothpastes, acidulated fluoride toothpastes and chlorhexidine mouthrinses which all can damage the surface finish of your restorations.

Please have your mouth checked twice a year. Often problems that are developing around the veneers/bonding can be detected at an early stage and corrected easily. Waiting for a longer time may require redoing the entire restoration. Use a soft acrylic mouthguard when involved in any form of contact sport. If you grind or clench your teeth, wearing a nightguard/occlusal splint at night can prevent damage to your restorations.