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Caring For Your New Veneer/Crown/Bridge Smile

As with your natural teeth, veneers and/or crowns and bridges require good oral hygiene and regular dental visits to maintain an all-around healthy and beautiful smile.

To keep your veneers and/or crowns and bridges looking as good as new, follow your dentist's recommendations and general guidelines listed.

With proper care, your enhanced smile will last over 20 years based on published clinical research studies. These important instructions will help you get the most out of your new veneers smile.

After Care Instructions

Your new smile may feel a little different at first, but will feel like a natural smile in a short period of time. For best results, we recommend the following:

- **Follow up with your dentist:** Your dentist may wait a day or two before final finishing of your veneers and/or crowns and bridges. This final step will take less than an hour.
- **Brush normally and floss carefully:** Following placement, make sure to floss carefully. Let go of one end and pull the floss out sideways, to avoid dislodging the veneer and/or crown and bridge. Once the dentist has finished polishing the margins, usually 48 hours after placement, you can brush and floss normally as you did before.
- **Avoid hard and sticky foods for 2 days:** Although your veneers and/or crowns and bridges will be permanent from the moment they are applied, it is wise to avoid hard or sticky foods until you have time to adjust to your new veneers and/or crowns and bridges. Uneven chewing pressure could result in a fracture of the veneer within 48 hours.
- **Avoid carbonated drinks** for 2-3 hours after veneers and/or crowns and bridges are seated.
- **Keep regular dental visits:** Veneers and/or crowns and bridges look beautiful, but your teeth are still vulnerable to decay and gum disease. Therefore, keep your regular dental schedule, visiting for check-ups and cleanings as indicated by your dentist.

Frequently Asked Questions

Q. How long will my new veneers and/or crowns and bridges last?

A. Clinical research studies have shown that the revolutionary design and material used in creating your veneers will last over 20 years with proper care.

Q. Should I still brush and floss my teeth?

A. Yes, good oral hygiene is always important. Just be careful to use the flossing instructions inside.