

# Porcelain Veneers

improving your smile

## Porcelain Veneers

Veneers made of tooth-coloured porcelain are very thin shells that are bonded onto the front surface of teeth.

Veneers can be used to improve the appearance of teeth, especially front teeth that:

- Are discoloured
- Are stained
- Are chipped
- Are crooked
- Have gaps
- Are worn

Your Dentist will assess your teeth and bite to determine if porcelain veneers are appropriate for you. In some teeth, such as those that are heavily filled, a crown may be the more suitable treatment option.

**Good gum health and decay-free teeth are essential before *and* after this procedure is undertaken to ensure a healthy and successful result.**

### The Veneer Process

1. Assessment by dentist, this may include taking models and x-rays.
2. Any preliminary dental work such as replacing old fillings or placing new fillings and thorough cleaning with the Hygienist is completed.
3. Preparation of the tooth for the veneers. This involves trimming a very thin layer from the front surface of the tooth to accommodate the veneers.
4. A very accurate impression is taken of the preparation. This is used by our technician to make the veneer. Up to 10 working days is needed to make the veneer. Sometimes a temporary covering is put over the tooth in the mean time.
5. You may be asked to visit the technician to match the shade of the veneer to other teeth.
6. At the next appointment, the veneers are tried on to see the colour, shape and fit. Once the Dentist and patient are happy, they are cemented on.
7. The teeth are chemically prepared and the veneers bonded and cemented into place. A special blue light is used to harden the cement.
8. The teeth and veneers are the carefully adjusted and polished.



### Looking After Your Veneers

Treat veneered teeth just like your natural teeth when it comes to cleaning. Brush twice a day with a soft toothbrush, especially around the gum line, and floss between teeth once a day. Regular dental examinations and cleaning at our practice will help to prevent and detect problems.

To prevent chipping, breaks and peeling in patients who clench or grind their teeth, a splint or '**night guard**' will be made to protect the teeth and veneers.

Like any dental restoration, veneers may have to be replaced in time if they become dislodged or break. It is best to avoid biting your fingernails, chewing on hard objects such as ice or a pencil. When veneers break, they often cannot be simply repaired so a new one may have to be made.

**Your Dentist will discuss these issues with you when you are deciding on this type of treatment and it is important to discuss your expectations with the Dentist.**