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**You have just received a
Porcelain Veneer Restoration!**

To insure maximum beauty and longevity, a few points should be mentioned:

1. Brush with an ultra-soft toothbrush at least two times a day. Floss at least once a day, preferably before bedtime.
2. As with your natural teeth, bonding material can pick up stains: try to avoid or keep to a minimum tobacco, coffee, tea, soy sauce, curry, colas, grape juice, blueberries or red wine. Routine dental cleanings will usually remove stains. Do not use baking soda or any abrasive toothpaste. The toothpastes we recommend are Rembrandt or Opalescence.
3. Habits such as opening packages with your teeth, biting thread, chewing ice, nail biting or pipe smoking should be avoided. Avoid direct biting into spare ribs, bones, corn on the cob, carrots, hard candy, nuts, or hard bread and rolls. These types of foods can put added stress on bonded teeth and possibly increase the need for repairs. Most kinds of sandwiches are not a problem.
4. If a chip or fracture does occur, it frequently requires the replacement of the entire veneer.
5. How long Veneers last depends on many things. It's a lot like getting a new set of tires. How long a tire lasts depends on the quality of the tire, the type of road surfaces traveled, the way you drive and how many miles you drive in a year. In the same manner, longevity of your veneers depends on your habits and how much stress is placed on the front teeth.
6. Since your veneers are designed to change your appearance, your teeth will feel different to your lips and tongue when you first close your mouth. Biting with your front teeth will also feel strange at first. This is normal and to be expected when changes have been made to the shape and size of the teeth. Sometimes, your speech may change or be affected in the beginning until your tongue adapts to the changes. Even though the changes are slight (measurable only in millimeters), your mouth is extremely sensitive and will exaggerate those feelings at first. Usually, after a few days, the feelings lessen and your mouth will feel normal again.
7. When bruxing or clenching is part of your habit patterns, wearing a mouthguard is the only method that will allow a reasonable longevity for the veneers.



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