

PORCELAIN VENEERS

Porcelain laminate veneers are probably the most esthetic means of creating a more pleasing and beautiful smile. They require a minimal amount of tooth reduction (approximately .5 mm) and are, therefore, a more conservative restoration than a crown. Porcelain veneers allow us to alter tooth position, shape, size and color. They are not the only alternative for all esthetic abnormalities but are truly a remarkable restoration when they are the treatment of choice.

Some facts you might want to know about Porcelain Veneers

- Since they require approximately .5mm of tooth reduction, porcelain veneers are NOT considered a reversible form of treatment.
- Occasionally the preparation of a Porcelain Laminate Veneer does not necessitate the use of a local anesthetic. However, for those patients that are particularly sensitive or anxious, a local anesthetic is advisable.
- The laboratory time required for the fabrication of a Porcelain Laminate Veneer is approximately one week. Due to the minimal amount of tooth reduction, it is usually not necessary to fabricate any type of temporary restoration. Should a temporary be needed, they can, in most circumstances, be made at the time of treatment.
- Between your preparation visit and the insertion visit, you can expect some sensitivity to hot and cold. This is normal and is due to the removal of a small portion of the enamel covering of the tooth. This sensitivity should disappear after the placement of your Porcelain Laminate Veneer.
- Your second visit, the insertion of your laminate, can be accomplished, once again , with or without local anesthetic. This visit is usually longer in length. The laminates are placed with a light sensitive resin which is hardened by using a white light.
- Once placed your laminates are very strong and will resist most of the forces placed upon them by a normal diet. Porcelain has great crushing strength but poor tensile strength. Therefore, you should avoid anything that will tend to twist the laminate. Opening pistachio nuts with your teeth, chewing on bones or jelly apples is probably not a good idea. As with most things, common sense should prevail.

Maintenance of Your New Porcelain Veneers :

The maintenance of your Porcelain Laminate Veneer is relatively simple. A few suggestions, however, are in order:

1. **Please brush and floss as you normally would to prevent oral hygiene problems.** Once placed, Porcelain Laminate Veneers are typically the kindest restoration to the gum tissues that we currently have in our prosthetic armamentarium. Do not be afraid that you will damage your laminates by either flossing or brushing. Any non-abrasive tooth paste is acceptable. A good home care regimen will insure the esthetic success of your laminate restorations for years to come.

2. Some sensitivity to hot and cold may be experienced after the placement of your veneers. This relates to the amount of enamel left on your tooth after preparation, the proximity of the nerve as well as several other factors. Some sensitivity is absolutely normal and usually dissipates after one-two weeks. If this sensitivity should remain or concern you at all, please call your dentist.
3. As mentioned before, a normal diet should pose no problem at all. Please avoid anything that will tend to bend or twist the laminates.
4. If you are known to be a bruxer or clencher, please let your dentist know. He/she will fabricate a soft nite guard for you to wear to minimize the stresses placed upon your teeth while you sleep.

Approximately one week after the placement of your laminates you will be asked to return to the office for a treatment evaluation. This visit is extremely important. It gives your dentist the opportunity to evaluate the placement of the laminates, the tissue response and to answer any questions you might have regarding your new smile.

We hope that your Porcelain Laminate Veneers have fulfilled all of your esthetic goals. With proper home care and scheduled evaluation visits, they can provide you with a beautiful smile for years to come.