
Homecare **After Lumineers**

The secret to enjoying lumineers/ veneers for so many years is making sure that they are properly cared for. With proper care, you can expect to enjoy many years of beautiful, white smiles. So, here are some care instructions to keep in mind for your new porcelain restorations.

- **Soft diet** is recommended for 24 -48 hours after placement.
- **Brush and floss** – Just as with natural teeth, the key to keeping your lumineers/ veneers looking and feeling good is to maintain a proper oral hygiene regimen. This means that you should brush your teeth regularly and should be sure to floss between teeth as well. This helps to remove particles and bacteria that can damage teeth, as well as the surface of the lumineers/veneers.
- **Keep to regular dental visits** – One of the best ways to keep your teeth and gums healthy, aside from a daily routine of proper oral hygiene, is to visit your dentist regularly for professional cleanings (every six months is recommended). This will help to keep your teeth and gums healthy, and if there are any stains that begin to show on your lumineers/ veneers, the dentist can address them and work to remove them before they become permanent.
- **Avoid staining foods and liquids** – Over time, foods and beverages with dark hues can stain teeth, whether they are natural or they are covered by lumineers/ veneers, if used repeatedly. Tea, coffee, some types of dark fruit juices, and smoking can cause the surface to stain or dull over time. For the most part, however, lumineers/ veneers are resistant to dulling and staining.

• **Watch what you bite** – Not only do you want to keep your lumineers/ veneers looking bright and white, but you want to make sure they don't crack or break. The material used to manufacture these lumineers/veneers is very durable, but just like a natural tooth, biting hard objects can result in unwanted damage. So avoid biting or chewing on objects like ice, fingernails, pens and similar items.



With proper care that is virtually no different than caring for natural teeth, patients can enjoy the beauty that lumineers/ veneers offers for years and years to come.

After the cementation of your porcelain restoration, it may take a few days to get used to the new work. Your bite and the way your teeth come together may feel different especially if we changed the length, shape and/or thickness of your teeth. If your bite feels unbalanced, please be sure to call our office for an appointment to make an adjustment.

A mouth guard is recommended following this treatment to prevent damage to dental work.

your  smile is our focus