



POST-OPERATIVE INSTRUCTIONS

After Porcelain Veneers

Cosmetic · Cisco Dental — Dental Fitness

Veneers are thin, custom porcelain facings bonded to the front of your teeth. Once bonded they are strong and beautiful — but a few habits protect both the veneers and the natural teeth beneath them.

If you have temporaries

- Temporary veneers are placed while your final porcelain is crafted; they are delicate.
- Avoid hard and sticky foods, and clean between the teeth by sliding floss out sideways rather than snapping upward.
- If a temporary comes off, save it and call (254) 442-2000 to have it re-placed so the teeth don't shift or become sensitive.

After your final veneers are bonded

- Mild sensitivity to hot and cold for a few days is normal and settles quickly.
- If the bite feels uneven once any numbness wears off, call us for a small adjustment.

Protecting your investment

- Do not bite directly into hard foods (nuts, ice, hard candy, bones) or use your teeth as tools — bite with your back teeth instead.
- If you grind or clench, wear the night guard we recommend; it is the best protection a veneer can have.
- Brush and clean between your teeth daily; limit staining drinks to keep the natural teeth around the veneers matched.