



# IDEAL DENTAL

VENEERS AFTERCARE

1. Brush and floss your veneers regularly and properly. Brushing twice a day with fluoride toothpaste and flossing daily protects the natural tooth underneath your restoration. It's also important to use non-abrasive toothpaste to avoid damaging the surface of the veneer.
2. Regular dental check-ups. We can monitor your veneers for any changes in appearance and check for decay in your natural teeth. We have special hygiene instruments to clean your veneers.
3. Avoid eating foods that stain your teeth or encourage tooth decay. The porcelain veneer itself resists staining, but the adhesive used to attach it to your tooth can become discolored. Your natural teeth that do not have veneers can become stained and create a "mismatched" appearance. Eating sweet, sticky, carbohydrate-laden foods can fuel tooth decay, which can be harder to detect when it occurs under a veneer.
4. Avoid exposing your veneers to excessive force. Porcelain veneers are strong but not as strong as your natural tooth enamel. Don't use your teeth as tools to rip, crush or open items, and if you grind your teeth, get the condition treated by your dentist. Also, if you play contact sports, talk with us about getting a custom-fitted mouthguard made.



**IDEAL DENTAL**

WHITENING AFTERCARE

If you have any doubt do not hesitate to call us

Emergency to the phones. 011-52- 55-57- 89-71- 90 / 011-52-35-44- 01-79

Whatsapp 011-521- 55 13 93 63 22 [idealdental01@gmail.com](mailto:idealdental01@gmail.com)