



## Maintaining your dental veneers

Dental veneers can last for many years with proper care. However, certain situations occasionally occur which may mean your veneers need replacement. Just as with your natural teeth, extreme force or trauma can break porcelain veneers.

You should avoid biting with extreme force on hard objects, and avoid chewing excessively hard foods with your veneered teeth. It's also a good idea to wear a custom-made mouthguard when playing contact sports, and a night time bite splint if you suffer from teeth grinding, known as bruxism.

As with your regular teeth, we recommend you brush with a fluoride toothpaste at least twice a day and floss once a day, to remove plaque and maintain the health of your teeth and gums. You should also visit us for regular examinations so that we can assess your oral health, including your veneers.

Dental veneers are an excellent option if you are unhappy with the appearance of your teeth so ask us if they are the right treatment option for you.



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## DENTAL VENEERS



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## For a long-lasting, natural looking smile

Your smile is one of the first things people notice about you. A smile that is beautiful, white and natural-looking can give you a self-confidence boost and make you proud to display your teeth. Sadly, for many people it is very common to have teeth that are chipped, discoloured, or misaligned, causing embarrassment or self-consciousness about smiling.

A great way of restoring your smile to a healthy and attractive state is a simple treatment procedure called dental veneers. Veneers are extremely thin, very strong tooth-coloured restorations that are custom made just for your teeth. Professionally placed by a dentist, dental veneers will improve the appearance of your smile with a long-lasting, natural-looking solution.

Dental veneers are designed to better reflect light, and because they are more translucent, give you a more natural and aesthetic look requiring only a minimal amount of natural tooth to be removed as preparation.



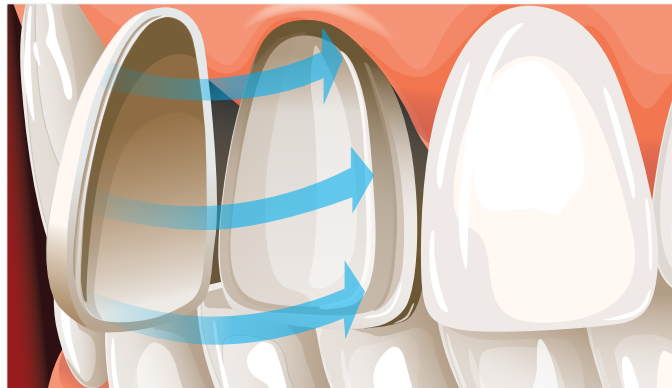
### Dental Veneers

Dental veneers are thin shells of porcelain, bonded on to the front of your natural teeth to give you a beautiful new smile. Veneers can be used to improve the colour of your teeth, as well as correct mild to moderate misalignments, irregularities, crowding and chipping.

Although veneers are just 0.3mm thick, once they are securely bonded to your teeth they are extremely strong and long-lasting. With the strength, beauty and durability of dental porcelain, veneers give your smile a completely natural appearance.

Dental veneers require little or no anaesthesia to be used during preparation, and need only a small amount of natural tooth to be removed to establish a secure bond.

Porcelain veneers are ideally suited to simulate the



properties of your natural teeth, with their natural appearance, strength and toughness. We think you will discover that dental veneers are indistinguishable from your natural teeth, as well as being just as strong as your natural tooth enamel. They do not discolour and can be made in almost any shade to match your existing teeth colour.

### Fitting your dental veneers

We begin by carefully and lightly buffing the surface of your tooth to remove some of the enamel, to give us a strong bond and to make space for your new veneer.

An impression mould of your teeth and gum-line is then taken, and in some cases, a temporary covering for use while the dental laboratory makes your new veneers is applied.

The impression moulds are then sent to the dental technicians at our laboratory for your veneers to be made. In some instances, we may ask you to visit the lab for our technicians to correctly match a shade for your veneers.

It takes just three weeks to custom make your veneers, after which we invite you back to try your veneers. If we are happy with the technical fit, and you are happy with the appearance, your new veneers are permanently bonded on.