

## Home Care Instructions after Preparations for Veneers

1. Your lips, cheeks, and tongue may be numb for a few hours. Be very careful when eating or drinking hot foods & liquids.
2. When the numbness wears off, if your temporaries feel high or your teeth feel as if they don't meet together your bite may need to be adjusted. Call our office to schedule an appointment.
3. Please do not floss, as this may remove your temporaries.
4. Salt water rinsing is also recommended periodically throughout the day, which will help reduce bacteria and enable rapid healing of the gum tissue. (1 teaspoon of salt to 8 ounces of warm water). If mild discomfort occurs it may be treated with an over-the-counter pain medication.
5. Your temporaries should be used very carefully, due to the possibility of them coming off or breaking. Avoid foods that are hard or sticky. Do not "bite" into foods. I.e. corn on the cob, sandwiches, or apples. If a temporary breaks or comes off, call our office so that we could replace it or re-bond it on.
6. The temporaries also have a tendency to stain; this will not effect your permanant veneers so please don't be worried.

Congratulations on your beautiful new smile.