

## Direct Resin Veneers – Post-Op Instructions

1. Begin brushing and flossing the evening of the procedure.
2. Use a soft or extra soft toothbrush. Brush twice daily for 2 minutes. You can use a manual or electric toothbrush.
3. Use expandable floss once daily. Gently move super floss under the gums to clean around the tooth.
4. Use a low abrasive toothpaste like Tom's, Pro enamel, Colgate pro release, Sensodyne pro enamel or cari free. NEVER use whitening toothpaste on Direct Resin Veneers. It will wear them away.
5. If your soft tissue is sore, move more slowly than usual.
6. At the completion of the treatment a Night Time Appliance is recommended.

## Things to Avoid

1. Do not eat or drink foods with Turmeric for 2 weeks post-procedure.
2. Avoid habits such as biting your fingernails, or chewing on pens, ice or other hard objects.
3. It is recommended to have a cleaning and a check-up 3 months after the procedure.
4. Continue with regular dental cleanings moving forward.
5. Wear your appliance nightly to protect from unintended damaging clenching or grinding forces during sleep. If chipping or wear occurs on your Composite Veneers, as it can with natural teeth, Dr. Sands suggests that you return to the office if you notice any sharp edges on the bonded surfaces, and will advise repairs or maintenance as needed.