

Veneers: Post-operative Instructions

- Avoid eating or drinking anything for the next hour or until the numbness wears off to avoid biting your lips or cheeks.
- Avoid hard, sticky, or crunchy foods for the next 24-48 hours. These can dislodge your veneers before they have fully set.
- Sensitivity to temperature (hot or cold) is normal for a few days. This should subside, but if it persists for more than a week or worsens, please contact us.
- You may brush and floss around your veneers as normal.
- Your bite may feel a little off immediately after the veneers are placed. If this persists for more than 2-3 days, contact our office so we can make any necessary adjustments.
- Discomfort or tenderness in the gums around the veneers is normal. This can be relieved by rinsing with salt water (a teaspoon of salt in a cup of boiled and cooled down water) for a few days or if needed, over-the-counter pain medication, such as:
 - Ibuprofen (400-600 mg) every 6 hours, as needed. Do not exceed 2400 mg in 24 hours. OR
 - Paracetamol (1000 mg) every 6 hours, as needed. Do not exceed 4000 mg in 24 hours.
- Avoid using your veneers to bite into hard or sticky foods like apples, ice, or caramel, as this may cause chipping or damage to the veneer.
- It is essential to maintain regular dental checkups to monitor the condition of your veneers and the health of your teeth.

When to call us:

It is normal to experience some mild discomfort after veneer placement, but call us immediately if you experience:

- Severe or prolonged pain
- Veneers feeling loose or coming off
- Sensitivity lasting longer than 2 weeks

For any concerns, you can reach us during normal business hours at (02) 8937 0585.