



## Post-Operative Instructions For Temporary Veneers

We have placed temporary acrylic veneers on your teeth. These temporaries are made to look and function like natural teeth and are designed to last 4-8 weeks. However, there are a few precautions you will need to take while your temporaries are in place:

- **Avoid biting directly into hard or sticky foods** (gum, candy, apples, corn on the cob, bagels, etc.). This could loosen or weaken your temporaries. Biting into softer foods, however, is ok (soft sandwiches, bananas, etc.).
- **Clean your temporaries well with your toothbrush focusing on a gentle yet thorough massage at the gum line.** Because your temporary teeth are connected together, you will not be able to floss. This connection makes your temps strong and virtually guarantees them from coming off. You will be able to floss your permanent veneers like normal teeth.
- **You may feel “tightness” from your temps.** This will also disappear with your permanents.
- **Rinse nightly with diluted hydrogen peroxide (1/3 peroxide: 2/3 water).** Rinse for 30 seconds, swishing the peroxide solution vigorously around and through your temporaries.
- **Expect to have minor discomfort in your teeth and gums following today’s visit.** Over the counter pain medication such as Tylenol or Advil is recommended. Any discomfort should subside within several days.

If you have any problems or questions, please call or email us anytime. Our office number is 562-865-0517 and our email is [azlingdds@gmail.com](mailto:azlingdds@gmail.com).