



# Fremont Hills Dental Centre

## Veneers Post-Operative Instructions

To ensure the long-lasting beauty of your new veneers, please follow these steps:

- Brush with a soft toothbrush at least twice daily.
- Floss at least once daily, preferably before bedtime.
- Visit your dentist for routine cleanings.
- Avoid abrasive cleansers such as baking soda.
- Avoid using your teeth as tools. This can fracture the veneers.
- Avoid the following items to help prevent stains:
  - Tobacco
  - Coffee
  - Tea
  - Soy sauce
  - Curry
  - Sodas
  - Grape juice
  - Blueberries
  - Red wine

Taking care of the veneers will prolong their usage.