



# Laminate Veneers Precautions

## Initial Care

- It takes about **one week** for the bonding material (glue) to fully harden.
- For the first **3 days**, eat mainly **soft foods**.
- Avoid touching the veneers with your fingers, as this may increase the risk of them coming loose.

## Oral Hygiene

- To maintain the longevity of your veneers, it is essential to:
  - Have **regular scaling (professional cleaning)**
  - Attend periodic **check-ups**
  - Practice correct **brushing and personal oral hygiene**

## Sensitivity & Discomfort

- You may experience **temporary tooth sensitivity or mild pain** for a few days. This usually resolves naturally.
- If symptoms worsen or persist, bite adjustment or even root canal treatment (RCT) may be necessary—please visit the clinic if this occurs.

## Food & Staining

- To prevent staining, avoid foods and drinks with strong pigmentation as much as possible.
  - Examples: curry, kimchi, black tea, coffee, cola, wine.

## Durability & Protection

- Due to the nature of the material, veneers may **chip, break, or come loose** if not cared for properly.
- Avoid biting into food directly with your front teeth; instead, cut food into smaller pieces.
- If you have a habit of **teeth grinding or clenching**, a **custom anti-grinding mouthpiece** is strongly recommended to protect your veneers.

