

Promenade Complete Dental Center
19340 Promenade Dr.
Leesburg, VA 20176
571-33-8558

Taking care of your temporary veneers:

1. Your temporaries are a rough draft of your final veneers, so please look at them about 24 hours after and see if there is anything that you would like to change! Especially pay attention to the color. They are designed to be just that “temporaries” and may be subject to chipping and breaking. If they break off, use an over counter adhesive (a drop of crazy glue is ok to use!)
2. The temporaries are NOT glued in! Due to the chemistry of the cement, it will change the fit, so instead they are “locked in” and are joined together for strength. Your final veneers will be individual and feel more natural instead of a “unit” of teeth.
3. Since the veneers are locked in, you will not be able to floss your teeth that have the temporaries. Please do not be concerned as this is a short period of time and you will not get decay or gum disease from not flossing.
4. Please avoid the following foods:
 - hard crunchy items such as nuts, popcorn, candy
 - soft sticky foods that might tug at your temporaries such as anything like a “gummy bear”, there are even vitamins now that come in the form of gummy bears or caramels.
 - extreme hot or cold fluids that might seep under the locked- in temporaries and cause temperature sensitivity.
 - avoid highly pigmented foods as your temporaries will stain: red wine, blueberries, black coffee.
5. Some possible side effects might be: temporary swelling, soreness or temperature sensitivity, achiness. Please use an ice pack if any swelling. Over the counter medications such as ibuprofen will work beautifully for the achiness. Warm salt water will also help relieve any soreness (1 cup warm water and ½ teaspoon of salt).
6. Use mild toothpaste and a soft brush to clean your teeth. Please avoid the water pick at this time, if you are using one routinely. Please refer to the toothpaste list that is included here so that you know which toothpastes are low abrasivity. We recommend a new toothpaste that presently is not on your list called MyntSmile. We have enclosed a sample for you. You can order this by going to our website:

www.promenadedentalva.com

There will be a link to the MyntSmile website.

Any concerns while wearing your temporaries, please call Dr. Vakay on her cell: 703-296-2413.