

# Dental Veneers



## What are Dental Veneers?

Dental veneers are thin, custom-made shells that are placed over the front surface of your teeth to improve their appearance. They are made of either porcelain or composite resin and are designed to match the color and shape of your natural teeth. Dental veneers are a popular cosmetic dental treatment that can improve the appearance of your teeth and boost your confidence.

## Types of Dental Veneers

There are two main types of dental veneers: porcelain veneers and composite resin veneers.

Porcelain veneers are made of a thin layer of porcelain that is custom-made to match the color and shape of your natural teeth. They are durable, stain-resistant, and can last up to 15 years with proper care.

Composite  
veneers  
vs  
Porcelain  
veneers



Composite resin veneers are made of a tooth-colored composite material that is bonded to front surface of your teeth. They are less expensive than porcelain veneers but are not as durable and can stain more easily.

## The Dental Veneer Procedure

The dental veneer procedure typically involves three visits to your dentist.



**Consultation and Treatment Planning:** During the first visit, your dentist will examine your teeth and gums, and discuss your goals for the treatment. They will determine if dental veneers are the right option for you and explain the procedure and its potential risks and benefits.

**Preparation:** During the second visit, your dentist will prepare your teeth for the veneers. This involves removing a thin layer of enamel from the front surface of your teeth to make room for the veneers. They will take an impression of your teeth and send it to a dental laboratory to create your custom-made veneers. Your dentist may place temporary veneers on your teeth while you wait for your permanent veneers to be made.

**Bonding:** During the third visit, your dentist will bond the veneers to the front surface of your teeth using a special dental adhesive. They will adjust the veneers to ensure a perfect fit and polish them to give them a natural-looking appearance.

## Caring for Dental Veneers

Caring for dental veneers is similar to caring for your natural teeth. Here are some tips on how to care for your dental veneers:

**Brush and floss regularly:** Brush your teeth twice a day with fluoride toothpaste and floss at least once a day to remove plaque and food particles from your teeth and gums.

**Avoid biting hard objects:** Dental veneers are durable but can crack or break if you bite hard objects such as ice or hard candy. Avoid biting on hard objects and use scissors to open packages instead of your teeth.

**Avoid staining foods and drinks:** Porcelain veneers are stain-resistant but composite resin veneers can stain more easily. Avoid consuming foods and drinks that can stain your teeth, such as coffee, tea, and red wine.

**Wear a mouthguard:** If you participate in contact sports, wear a mouthguard to protect your dental veneers from damage.

## Conclusion

Dental veneers are a popular cosmetic dental treatment that can improve the appearance of your teeth and boost your confidence. There are two main types of dental veneers: porcelain veneers and composite resin veneers. The dental veneer procedure typically involves three visits to your dentist. Caring for dental veneers is similar to caring for your natural teeth. Remember to seek professional dental advice if you experience any dental problems or have concerns about dental veneers.