

## Appointment 1

- ◆ Anaesthetic
- ◆ Preparation of the teeth/ tooth +/- replace faulty fillings
- ◆ Impressions
- ◆ Temporisation. Temporary covers are placed on the shaped enamel surfaces. This will produce some sensitivity and may require mild analgesics for a few days. Excellent oral hygiene is a must as this will prevent the gums from swelling and bleeding when it comes time to bonding the veneers. This can interfere with the bond strength of the veneer to the tooth.

## Appointment 2

- ◆ Anaesthetic
- ◆ Try in the veneer(s)
- ◆ Bond the veneers. The cement used cures to maximum strength after an hour. It is always advised to only attempt to eat after the anaesthetic has worn off.

## Appointment 3

Review appointment for extensive/ complicated cases only.

## Should I consider Veneers?

Yes, they can enhance a tooth and produce a beautiful smile and are less destructive than crowns, provided you have a healthy mouth, free from decay and periodontal disease and have no grinding habits. It is always sensible to consider more minimally invasive ways to improve your smile first, minimising the destruction of the most valuable substance in your mouth, enamel. Without enamel, your teeth would be dark yellow, susceptible to extreme wear, decay, fracture and sensitivity. If a tooth is out of alignment; consider orthodontics, if the tooth has fractured; repair the remaining enamel, if the enamel is discoloured; then consider whitening and when these treatments will not produce the effect you want, consider veneers.

## Am I a good candidate?

A good candidate has good oral health, no decay or periodontal disease. Has weighed up the alternatives and come to the conclusion that these alternatives will not produce the effect you want. A good candidate also recognises the need to improved and sustained good oral hygiene as these veneers will require more care and has budgeted for this care. It is important to remember that any restoration is not as strong as your original tooth. Habits such as nail biting, chewing toffee, crunching ice, opening packets with your teeth and contact sports where a knock to the face is possible will affect the longevity of the treatment.

## How long will a veneer last?

There is no straight forward answer. How long will a new car last? Depends on how you look after it and drive it. It will not last forever though and the same goes for your veneer. The practice will guarantee the work for a year provided that the dentist's directions have been followed. We have seen veneers last for 15 years and look good but have equally seen veneers fracture after only 15 months due to misuse.



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### Opening Hours

Monday to Thursday 8.30am - 5.30pm

Friday 8.30am - 4.00pm

Closed for lunch every day 12.30pm - 1.30pm

### Partners

Mr David Hickleton & Mr Evan MacDougall

# Porcelain Laminate Veneers

## Ilfracombe Dental Practice



*"Resculpt your smile"*



## What is a dental veneer?

A dental veneer is a thin layer of material that covers the visible part of your tooth.

They are used to mask the colour of a tooth, change the shape (to a degree) of the tooth either by lengthening the tooth or widening the tooth. A longer, whiter tooth can make a smile more youthful.

## Veneers can be made of composite and porcelain

### Composite veneers

Composite veneers are covers made of a composite resin. It is fabricated directly in the mouth and does not require a laboratory step. The composite material is bonded using a strong resin to a prepared etched enamel of the tooth. These veneers are vulnerable to wear and staining but are less destructive to the supporting tooth. They can be considered as both a long-term treatment option (where it is replaced at regular intervals) and short-term option as a test as to whether the porcelain veneer will be suitable or tolerated.

### Porcelain Veneers

Porcelain veneers are specially fabricated thin restorations made of porcelain that are bonded to the tooth using a strong resin. They are made indirectly; impressions are taken of your tooth and sent to a laboratory for fabrication. A technician follows a careful prescription made by the dentist ensuring that the best tailor-made solution in terms of shade and shape is met. No two veneers are the same. They are appropriate for the more severe cases of discolouration, chipped teeth, fractures in teeth and spaces between teeth and uneven teeth.

### The advantages of the porcelain veneer are;

- ◆ They are less destructive to a tooth than a crown as the tooth is only partially covered.

- ◆ Porcelain veneers resist stains from coffee, tea, etc
- ◆ They have a superior appearance to that of composite veneers.
- ◆ They are more resistant to wear than composite veneers and composite fillings.
- ◆ Porcelain has the best light reflecting properties of any dental material currently available giving your teeth a very natural and attractive appearance.
- ◆ They are fabricated out of the mouth, enabling the technician time to best shape and colour the veneer.
- ◆ The glassy feel of the veneer is the closest feel to a normal tooth of any dental material.

### The disadvantages of a porcelain veneer are;

- ◆ It is rare that tooth enamel is not required to be removed from the tooth to be veneered. Enamel is the most precious material in your mouth and this should always be considered.
- ◆ If the veneer fractures, then the veneer will need to be completely removed and replaced using the same process as the original manufacture.
- ◆ Placing a restoration onto the tooth, introduces an artificial join between the tooth and veneer that was not originally there. This is a potential site for bacteria to collect and cause decay if the veneer is not properly maintained.
- ◆ For the reason above, a more fastidious method of cleaning will be needed to maintain the health of your smile. Careful consideration into the cost not only of the veneer but of the aftercare required to maintain the effect should be considered.
- ◆ The colour or shape of the veneer can not be altered once the veneer has been cemented in place.

- ◆ Porcelain laminate veneers are more costly than composite veneers.
- ◆ Veneers are not as strong as the original tooth material and can debond or fracture if used inappropriately. They are not designed for nail biters or people who open lids with their teeth. They are not a good solution for people with grinding or clenching habits or whose teeth meet edge to edge.
- ◆ The bond strength of the veneer to the tooth is very good but it is designed specifically for bonding to fresh enamel and the veneer. Anything that reduces the surface area of this bonding surface will effect the bond strength of the veneer to the tooth. Teeth with large fillings or decay are not suitable.
- ◆ The bond is strongest in compression and will be suitable for most foods consumed. However, the bond is relatively weak in tension so in occasions such as toffee chewing, biting an apple / carrot from the fridge when tension forces are applied to the veneers, the bond will fail. This will mean careful consideration to your diet should be made prior to opting for this treatment.
- ◆ It does not necessarily follow that a veneer is a possible treatment option following the loss of an old veneer.
- ◆ As some enamel is removed from the tooth during the process, some experience a degree of post-operative sensitivity as the tooth reacts to the new porcelain covering. This happens by the nerve shrinking away from the prepared area. In extreme and very rare cases however the nerve can inflame and die as a consequence. The tooth would require root canal therapy as a result.

### The procedure

In general, there are two visits required for the placement of dental veneers. One to prepare the tooth/ teeth and one to cement them in.