

**Post-op Instructions:**

**Cosmetic Procedures (porcelain veneers and composite veneers)**

- 1. Do not overstress with hard chewing on resist objects (chewing pens, needles, hard food, etc.). This can fracture the veneer and break the bond to the tooth.**
- 2. If you run into the veneer in different positions, call us. You may have a particular habit or indication for adjustment due to this (musical instrument playing, chewing nails, untying shoe laces!).**
- 3. Do not over scrub by the gingival. It will recede back, exposing the margin of the veneer. Gingival tissue (the gums) does not return to the original position.**