Branin Center for Dentistry
3 Superior Drive, Suite 275, Superior, CO 80027 | https://branincenter.dental
720-776-3145

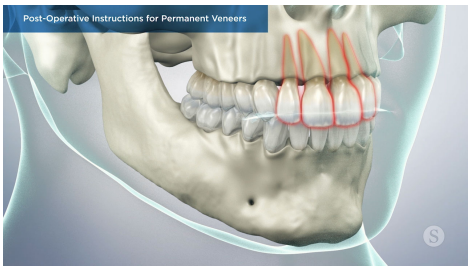
Post-Operative Instructions for Permanent Veneers



After your veneers are placed, it is important to follow these care instructions to ensure proper healing and long-term success of your new restorations.



If the area was numbed, it's important to avoid eating or drinking until the anesthesia has worn off to prevent possible injury to your lips, tongue, and cheeks.



It's normal to experience some sensitivity to pressure, heat, cold and sweet foods following your veneer placement; however, this should lessen over time.



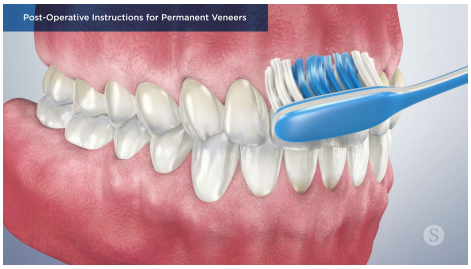
Your gums may be sore in the days following your procedure; you can rinse with warm salt water three times a day or take an over-the-counter pain reliever if needed.



Avoid biting hard foods and objects, as this can damage or break your veneers.



Also, consider limiting dark sodas, coffee and other foods and beverages that might cause staining.



Daily home care will increase the longevity of your veneers and the health of the underlying teeth. You should resume regular brushing and flossing immediately to keep your veneers free of plaque buildup and decay.



If you experience persistent pain or sensitivity outside of the norm, it is important to contact your doctor's office for assistance.

Copyright © 2026.
Patient Education content provided by Spear Education.

Provided by:
SPEAR®
PATIENT EDUCATION