

WHAT ARE VENEERS?

Veneers are thin, custom-made laminates designed to cover the front surface of your teeth to improve their appearance.

WHAT IS THE PURPOSE OF VENEERS?

Veneers are used to enhance the appearance of teeth that are discoloured, stained, chipped, worn down, unevenly spaced, or misaligned. They can improve the shape, size, colour, and overall aesthetics of the teeth, providing a more attractive smile. At JME Dental, we offer both **composite** and **porcelain** veneers.

Porcelain veneers are custom-made in a dental laboratory and are known for their durability, natural appearance, and resistance to staining. They require minimal tooth preparation and typically last for many years with proper care.

Composite veneers are a dental restoration or cosmetic dental procedure that involves the application of a tooth-coloured composite resin material to the front surface of a tooth.

WHAT IS INVOLVED?

Consultation: The dentist will carry out a consultation to discuss, shape, shade and what you hope to achieve. Often, bleaching of the teeth is recommended prior to placing veneers, this is to improve the overall aesthetic and result.

Preparation: Your teeth are prepared by your dentist, followed by impressions or a scan of your teeth. These are used to create custom-made veneers that are tailored to fit your teeth precisely.

Bonding: Once the permanent veneers are ready, your dentist will check their fit and appearance. Once satisfied with this, your dentist will permanently bond the veneer to the previously prepared surface of the tooth.

Aftercare: Good oral hygiene practices, including regular brushing, flossing, and dental check-ups, are essential for maintaining veneers and preventing dental issues. Avoid habits that can damage veneers, such as biting on hard objects, chewing on ice, or using teeth as tools. While veneers are durable, they may need to be replaced over time due to normal wear and tear or damage. We would generally recommend a bite guard to be worn at night to help slow down this process.

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