

*A beautiful smile  
is something to be  
treasured.*



COSMETICS / IMPLANTS / ORTHODONTICS

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DENTAL WELLNESS

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*Cosmetic Dentistry –  
Veneers*

A thorough check up is required BEFORE any cosmetic work is undertaken. Any necessary restorations, hygiene and gum disease needs to be addressed.

At eleven our smile makeovers start at the consultation where we find out what patients don't like about their teeth and what type of smile is required. Computer aided smile design is then used to design the smile and to fine tune the required tooth shapes and colour to fit with the patients smile, face, age and gender.

### *What is a Veneer?*

Veneers are thin custom-made porcelain/composite facings that are bonded to the teeth to improve their form and appearance. They are durable and long lasting and extremely versatile.

### *Why would I need a veneer?*

- Discoloured teeth – due to lifestyle choices such as smoking, coffee, wine etc. medication in childhood such as high doses of antibiotics, Fluoride treatment or even trauma to the teeth which results in the greying of teeth.
- Alter the shape of teeth-
- Gaps
- Repair chipped teeth/ wear caused by grinding
- To replace old restorations-
- Improve alignment

### *Do teeth need to be whitened before veneers are placed?*

All the teeth will be whitened before the veneer process begins.

If veneers are colour-matched to whitened teeth, you'll have to keep up a regular teeth-whitening schedule. Otherwise, the natural teeth will start to look yellow in comparison.

### *The procedure*

Composite veneers- are often applied in one visit. The dentist in thin layers gradually adds the adhesive materials shaping it and hardening it at each stage and finally polishing it.

Porcelain veneers are laboratory made and are stain resistant and translucent often closely resembling natural teeth.

Dental porcelain veneers are then provided as planned over two main treatment appointments.

At the first appointment the teeth are prepared. Local anaesthetic will be used. This process involves 'trimming' a very thin layer of enamel from the front surface and biting edge to make space for the veneer. The process shouldn't be painful but some local anaesthetic will be administered.

Impressions are taken and temporary veneers are made using a template made from the 3d preview model. Importantly, this gives our patients an opportunity to trial the planned smile design in their own mouths before the veneers are made. Any changes or fine adjustments can be made to the temporaries and reproduced in the final veneers.

Approximately 2 weeks later, the teeth are isolated from moisture and Porcelain veneers are then fitted at the second main treatment appointment.

We also see our patients a few days later to check all is well when they've had some time to use them and eat with them.

### *How long do veneers last for?*

Composite veneers are more economical and sometimes not as aesthetics as porcelain veneers. They have a shorter life span and over time if not looked after may chip and stain.

Since porcelain is stain free unlike composite resin, it appears to last longer, but this really does depend on how well you look after them. These can be expected to last from 10-20 years.

Any type of dental work requires very good oral hygiene to get the best out of it. If you do not look after your mouth, then any restoration will not last very long at all, and neither will the teeth underneath.

### *Veneer or crowns?*

Sometimes there is not enough tooth left following years of wear and tear or large restorations for the placement of veneers. If this is the case a ceramic crown may be indicated which wraps all round the tooth protecting the remaining tooth and also aesthetically enhancing it.