

**Venneir®**

**Your Essential Dental Care Guide**







Dear Reader,

Welcome and thank you for taking the time to explore our guide, designed with your dental health in mind. Your decision to invest in quality dental work such as veneers, composite bonding, implants, or crowns signifies an important step towards achieving your perfect smile. We understand that maintaining this investment is just as crucial, and that's why we've created this comprehensive guide.

In the following pages, we've pooled together expert advice, practical tips, and easy-to-follow instructions to help you protect and care for your dental work. Our goal is to empower you with the knowledge needed to extend the longevity of your dental work, ensuring that your beautiful smile lasts for years to come.

We value your commitment to oral health, and we're thrilled to accompany you on this journey. So, sit back, read on, and discover how the right oral care practices can contribute to the long-lasting brilliance of your smile.

Warm regards,

Edward Windsor  
Formulation Director  
Venneir



## Table of Contents

|   |                   |
|---|-------------------|
| <b>1. Understanding your dental work .....</b>          | <b>Page 3</b>     |
| ◦ Veneers   |                   |
| ◦ Composite Bonding                                     |                   |
| ◦ Implants  |                   |
| ◦ Crowns  |                   |
| <b>2. Why proper oral care matters .....</b>            | <b>Page 4</b>     |
| ◦ The Importance of Oral Hygiene                        |                   |
| ◦ The Impact on Your Dental Work                        |                   |
| <b>3. Caring for Your Dental Work.....</b>              | <b>Page 5-6</b>   |
| ◦ General Care Tips                                     |                   |
| ◦ Specific Care for Veneers                             |                   |
| ◦ Specific Care for Composite Bonding                   |                   |
| ◦ Specific Care for Implants                            |                   |
| ◦ Specific Care for Crowns                              |                   |
| <b>4. Choosing the Right Toothpaste.....</b>            | <b>Page 7</b>     |
| ◦ The Role of Specialised Toothpaste                    |                   |
| ◦ Introduction to Our Product                           |                   |
| ◦ Benefits of Our Toothpaste for Dental Work            |                   |
| <b>5. Proper Brushing and Flossing Techniques .....</b> | <b>Page 8-9</b>   |
| <b>6. Regular Dental Check-ups .....</b>                | <b>Page 10</b>    |
| <b>7. Frequently Asked Questions.....</b>               | <b>Page 11-14</b> |

## Understanding your dental work

**Veneers:** Thin, custom-made shells designed to cover the front surface of teeth. They're often made from porcelain or resin-composite materials and are permanently bonded to your teeth. Veneers are used to fix stained, chipped, decayed, or slightly misaligned teeth, providing a natural, healthy-looking smile.

**Composite Bonding:** A cosmetic technique wherein a type of dental material – in this case, composite resin – is shaped and moulded on your teeth to give the appearance of a straighter, whiter smile. It can be used as a cost-effective solution for fixing chipped, broken, discoloured, or decayed teeth.

**Implants:** Artificial tooth roots, similar in shape to screws. When dental implants are placed in your jawbone, they bond with your natural bone and become a sturdy base for supporting one or more artificial teeth, called crowns. Dental implants can be an option for people who have lost a tooth or teeth due to periodontal disease, an injury, or some other reason.

**Crowns:** A type of dental restoration which completely caps or encircles a tooth or dental implant. Crowns are often needed when a large cavity threatens the ongoing health of a tooth. They are typically bonded to the tooth using dental cement. Crowns can be made from many materials, which are usually fabricated using indirect methods. Crowns are used to improve the strength or appearance of teeth.

Remember, each dental work serves a unique purpose and provides a solution to different dental problems. Care for them properly to ensure they last and continue to give you a beautiful smile.

## Why Proper Oral Care Matters

Oral health is a crucial aspect of our overall well-being. A healthy mouth not only allows us to communicate and enjoy food, but it also enhances our confidence with a beautiful smile. When it comes to dental work such as veneers, composite bonding, implants, or crowns, the significance of proper oral care becomes even more profound.

**Preserving Your Investment:** High-quality dental work is an investment in your health and appearance. Proper oral care can help you protect this investment, ensuring the longevity of your dental procedures and keeping your smile beautiful for years to come.

**Preventing Dental Issues:** Without consistent oral care, issues like tooth decay, gum disease, and bad breath can arise, which can compromise your dental work and overall oral health.

**Maintaining Appearance:** Dental work is designed to enhance the aesthetics of your smile. Regular care and cleaning are essential to maintaining their bright and clean appearance.

**Avoiding Discomfort or Pain:** Inadequate oral care can lead to tooth sensitivity, discomfort, or even pain. Taking care of your oral hygiene can help you avoid these issues and keep your mouth feeling comfortable.

**Overall Health:** Studies have shown a link between oral health and overall health. Poor oral hygiene can lead to problems like heart disease, diabetes, or pregnancy complications. Therefore, maintaining proper oral hygiene is not just about keeping a healthy mouth but also about preserving your overall well-being.

In the following pages, we'll discuss how to properly care for your dental work and keep your smile at its best. From the right brushing techniques to choosing a toothpaste that's suited for your specific needs - we've got you covered!

## **Caring for Your Dental Work**

### **Specific Care for Veneers**

Veneers, particularly those made of porcelain, are known for their glossy finish which contributes to their natural appearance. However, over time, improper care can lead to surface scratches that dull this shine. To maintain the lustre, using a specially-formulated non-abrasive toothpaste is highly recommended. Additionally, while veneers themselves are highly resistant to discolouration, the cement used to bond them can stain. Regular dental cleaning can prevent such discolouration and ensure the edges of your veneers remain invisible.

### **Specific Care for Composite Bonding**

Composite bonding is the most susceptible to staining among all dental restorations. This is because the composite resin material is porous and can absorb colours from foods and drinks, such as coffee, tea, red wine, and berries. Frequent consumption of these can lead to noticeable discolouration over time. Also, composite bonding materials are not as hard as natural tooth enamel, making them prone to chips and cracks. It's advisable to avoid habits such as biting fingernails, chewing on pens, or using your teeth to open packaging.

### **Specific Care for Implants**

Dental implants, while incredibly durable, do require specific care to prevent complications. A condition known as peri-implantitis, which is an inflammatory disease that leads to bone loss around the implant, can occur if bacteria accumulate around the implant site. Hence, cleaning around and under the implant crown with tools designed specifically for implant care, like interdental brushes or water flossers, is essential to maintain healthy surrounding tissue. Regular dental check-ups are critical to monitor the implant's condition and timely detect any signs of inflammation or bone loss.



## Caring for Your Dental Work

### Specific Care for Crowns

While crowns provide a protective cover to compromised teeth, they require certain precautions. The junction where the crown meets the natural tooth, often at or near the gum line, is a common site for plaque accumulation. Inadequate cleaning can lead to gingivitis, periodontitis, or even decay in the remaining natural tooth structure. Special attention should be given to flossing around this area. Crowns made of porcelain or porcelain fused to metal can chip or fracture, especially when exposed to excessive pressure. Avoiding hard foods and addressing habits like bruxism (teeth grinding) can help prevent such damage.

### General Care Tips for All Dental Work

Maintain your dental work and natural teeth health with these habits:

- **Brush** twice daily with a soft-bristled toothbrush.
- Use our **professional toothpaste** designed for dental work.
- **Floss** daily to remove plaque around dental restorations.
- **Regular dental check-ups** ensure early detection of potential issues.

Be mindful of your diet:

- Limit **sugary foods** and snacks to prevent tooth decay.
- Avoid frequent consumption of **staining substances** like coffee, wine, and berries.
- **Hard foods** like ice or hard candies may damage dental restorations.
- **Acidic foods and drinks**, including citrus fruits and sodas, can erode dental restorations.
- **Alcohol and tobacco** cause discolouration and have adverse effects on oral health.

By adopting these practices, you can enjoy your beautiful smile for many years.

## Choosing the Right Toothpaste

### Specialised Toothpaste: A Necessity, Not a Luxury

While regular toothpaste is suited for natural teeth, their abrasive components can inadvertently harm dental work. Specialised toothpaste, in contrast, is designed specifically for the upkeep of dental restorations, providing gentle yet effective cleaning, and preserving their appearance and longevity.

### The Science Behind Specialised Toothpaste

Specialised toothpaste is crafted with mild cleaning agents that effectively combat plaque and stains. These toothpastes are also thoughtfully formulated to safeguard against discolouration and potential damage, ensuring overall oral health and longevity of the dental restorations.

### Unpacking the Benefits of Specialised Toothpaste

- **Targeted Cleaning:** Specialised toothpaste provides efficient cleaning without causing harm to your dental restorations.
- **Stain Management:** It contributes to maintaining the vibrancy of your dental work and natural teeth by actively preventing staining.
- **Protective Shield:** The toothpaste forms a protective barrier against potential harm from acidic foods and drinks.
- **Oral Health Promotion:** While caring for your dental work, it also fortifies the enamel of your natural teeth and promotes oral health.

Embracing specialised toothpaste is a critical step in ensuring the durability and aesthetic appeal of your dental work, paving the way for a healthy, beautiful smile.

## Proper Brushing and Flossing Techniques

Maintaining optimal oral hygiene is essential for the longevity and health of your dental work. By adopting proper brushing and flossing techniques, you can effectively clean your teeth, gums, and dental restorations, preventing plaque build-up and maintaining a fresh, healthy smile.

### Brushing Techniques

**Choose the Right Toothbrush:** Select a toothbrush with soft bristles that comfortably fits in your mouth. Consider using an electric toothbrush, which can provide consistent and controlled movements.

**Position the Brush:** Hold the toothbrush at a 45-degree angle against your gums. This angle allows the bristles to reach both the teeth and the gumline effectively.

**Use Gentle Circular Motions:** Brush in gentle circular motions, covering all tooth surfaces, including the front, back, and chewing surfaces. Pay special attention to the gumline, where plaque tends to accumulate.

**Brush Each Tooth Properly:** Spend at least two minutes brushing your teeth. Divide your mouth into quadrants (upper right, upper left, lower right, lower left) and give equal attention to each area. Clean each tooth individually, moving from one tooth to the next in a systematic pattern.

**Don't Forget Your Dental Work:** Brush your dental restorations, such as veneers, crowns, implants, or composite bonding, with the same care as your natural teeth. Use gentle strokes and pay attention to any crevices or hard-to-reach areas.

**Tongue Cleaning:** Don't overlook your tongue. Gently brush or scrape your tongue to remove bacteria and freshen your breath.

## Proper Brushing and Flossing Techniques

### Flossing Techniques

**Choose the Right Flossing Tool:** Select a dental floss that suits your preference, such as traditional floss, floss picks, or water flossers. Find a method that you are comfortable with and encourages regular flossing.

**Proper Floss Length:** Use a generous length of floss, around 18 inches. Wind the ends around your middle fingers, leaving a few inches of floss to work with.

**Flossing Technique:** Gently guide the floss between your teeth using a back-and-forth motion. Curve the floss around each tooth in a C-shape, and slide it under the gumline. Be careful not to snap or force the floss, as this can cause gum irritation.

**Cover All Tooth Surfaces:** Ensure you floss between all teeth, including the ones with dental work. Glide the floss up and down each tooth, removing plaque and debris from the sides.

**Don't Forget the Back Teeth:** Pay special attention to the hard-to-reach back teeth, as they are often neglected areas where plaque buildup can occur.

By following these proper brushing and flossing techniques, you can effectively maintain the cleanliness and health of your teeth, gums, and dental restorations. Remember to brush your teeth at least twice a day, floss daily, and schedule regular dental check-ups to keep your smile radiant and free from oral health issues.

## Regular Dental Check-ups

Regular dental check-ups are essential for maintaining the health and longevity of your dental work, including veneers, implants, crowns, or composite bonding. Here's why they matter:

**Early Detection and Prevention:** Regular check-ups help identify issues early, such as decay, cracks, loose dental work, or gum disease. Prompt intervention prevents further damage and complications.

**Professional Cleaning for Optimal Oral Health:** Thorough professional cleaning removes plaque, tartar, and stains, ensuring cleanliness and health for both natural teeth and dental work.

**Assessment of Dental Work:** Dentists assess the condition, fit, and functionality of your dental work to ensure it's in optimal condition and functioning well.

**Oral Cancer Screening:** Check-ups often include oral cancer screenings, detecting abnormal changes or potential cancerous lesions early for successful treatment.

**Personalised Oral Care Guidance:** Dentists offer tailored guidance on oral hygiene techniques for your dental work. They address concerns, recommend suitable products, and provide specific maintenance advice.

**Frequency of Dental Check-ups:** While most benefit from check-ups every six months, those with dental work may need more frequent visits for close monitoring. Your dentist will advise on the appropriate schedule.

Regular dental check-ups safeguard your dental work investment. They detect issues early, provide professional care, and offer personalised guidance, ensuring longevity, functionality, and aesthetics for years to come. Prioritise these check-ups for a healthy, confident smile.

## Frequently Asked Questions

Here are additional commonly asked questions related to dental work, specifically after the treatment has taken place, for veneers, implants, crowns, and composite bonding:

### Veneers

Q: How soon can I eat and drink after getting veneers?

A: You can eat and drink normally immediately after getting veneers. However, it's advisable to avoid consuming extremely hot or cold foods and beverages to prevent sensitivity.

Q: Can I still brush and floss my teeth with veneers?

A: Yes, you should continue to brush and floss your teeth as usual with veneers. Use a non-abrasive toothpaste and a soft-bristle toothbrush to maintain their appearance and longevity.

Q: Can I have orthodontic treatment with veneers?

A: Veneers are primarily a cosmetic solution and are not recommended as an alternative to orthodontic treatment. Consult with your dentist or orthodontist to explore the most suitable options for your dental needs.

Q: Do veneers require special maintenance?

A: Veneers do not require any special maintenance beyond regular oral hygiene practices. However, avoiding excessive biting on hard objects and wearing a mouthguard during sports activities is advisable to protect them.

Please bear in mind that individual circumstances may vary, and it is crucial to consult with your dentist for personalised advice and recommendations tailored to your specific dental work and oral health needs. The information provided here serves as general guidance and should not replace professional dental care.



## Frequently Asked Questions

### Implants:

Q: How long does the healing process take after getting dental implants?

A: The healing process after dental implant placement can take several weeks to several months, depending on individual healing abilities and the complexity of the case. Your dentist will provide specific instructions for post-operative care.

Q: Can dental implants become loose over time?

A: Dental implants are designed to fuse with the jawbone, providing a stable foundation. However, factors such as poor oral hygiene, excessive biting forces, or untreated gum disease can contribute to implant complications. Regular dental check-ups and proper oral care are essential for implant longevity.

Q: Can I chew gum or eat sticky foods with dental implants?

A: It's generally recommended to avoid chewing gum or consuming sticky foods with dental implants, as they can place excessive stress on the implant and restoration. Follow your dentist's guidance regarding diet restrictions during the healing process.

Q: Will dental implants affect my speech?

A: Dental implants should not significantly impact your speech. However, during the initial adjustment period, you may experience slight changes in speech patterns, which will typically resolve as you adapt to the implants.

Please bear in mind that individual circumstances may vary, and it is crucial to consult with your dentist for personalised advice and recommendations tailored to your specific dental work and oral health needs. The information provided here serves as general guidance and should not replace professional dental care.



## Frequently Asked Questions

### **Crowns:**

Q: How do I clean and maintain my dental crown?

A: Clean your dental crown as you would your natural teeth, with regular brushing and flossing. Pay extra attention to the gumline around the crown to remove plaque and food particles. Regular dental check-ups are important to monitor the crown's condition.

Q: Can a dental crown get cavities?

A: While the crown itself cannot develop cavities, the tooth structure beneath the crown is still susceptible to decay. Maintaining good oral hygiene, including proper brushing and flossing, is essential to prevent decay and ensure the health of the underlying tooth.

Q: Can I still get tooth decay with a dental crown?

A: While a dental crown provides protection for the tooth, it's important to note that the area where the crown meets the tooth (the margin) can be susceptible to decay if proper oral hygiene is not maintained. Regular dental check-ups are crucial to monitor the health of the crown and underlying tooth.

Q: Can dental crowns be replaced if they become worn or damaged?

A: Yes, dental crowns can be replaced if they become worn, damaged, or if there are changes in your bite or aesthetics. Consult with your dentist to determine the best course of action based on your specific situation.

Please bear in mind that individual circumstances may vary, and it is crucial to consult with your dentist for personalised advice and recommendations tailored to your specific dental work and oral health needs. The information provided here serves as general guidance and should not replace professional dental care.

## Frequently Asked Questions

### Composite Bonding:

Q: Can composite bonding stain or discolour over time?

A: While composite bonding is resistant to staining, it can still become discoloured over time due to the consumption of certain foods, beverages, and habits like smoking. Regular professional cleaning and avoiding stain-causing substances can help maintain its appearance.

Q: Can I have composite bonding on multiple teeth at once?

A: Yes, composite bonding can be applied to multiple teeth during a single dental visit. It's a versatile and efficient treatment option for enhancing the appearance of several teeth simultaneously.

Q: Can I undergo teeth whitening after having composite bonding?

A: Teeth whitening treatments generally do not have an effect on composite bonding. If you desire a whiter smile, discuss your options with your dentist, as they can recommend suitable solutions that won't compromise the integrity of the bonding material.

Q: How long does it take to complete composite bonding treatment?

A: The duration of composite bonding treatment varies depending on the number of teeth involved and the complexity of the case. In most instances, it can be completed in a single dental visit, providing immediate results.

Please bear in mind that individual circumstances may vary, and it is crucial to consult with your dentist for personalised advice and recommendations tailored to your specific dental work and oral health needs. The information provided here serves as general guidance and should not replace professional dental care.