

Caring for Veneers & Bonded Teeth

Daily Habits That Make Them Last

Veneers and composite bonding can both look great for years — the habits that protect them are mostly just good dental habits, plus a few restoration-specific things worth knowing.

Daily Care Is Just... Normal Care

Brushing twice daily with fluoride toothpaste and cleaning between your teeth every day is really all that's required — veneers and bonded teeth don't need special products. Routine checkups still matter, both to catch chipping or wear early and because the teeth underneath still need normal preventive care.

Habits That Shorten Their Lifespan

- Biting your nails, chewing ice, pen caps, or other hard objects.
- Using your teeth as a tool to open packages.
- Coffee, tea, red wine, and tobacco — composite bonding in particular is softer than porcelain and more prone to staining.

Protect Them During Sports

If you play a contact sport or do any activity with real risk of a blow to the face, wear a mouthguard — a direct impact is one of the more common ways a veneer or bonded tooth actually breaks.

If You Grind Your Teeth

A custom nightguard protects veneers and bonding from nighttime grinding forces just as it protects natural teeth — ask us if one is right for you.