

VENEERS AND WHITE FILLINGS

Notes for guidance

We all want beautiful, gleaming white teeth. Unfortunately, we don't all see that when we look in the mirror. Our teeth might be discolored from coffee or poor dental care, or we may have a chipped tooth from an accident. The spacing between our teeth may be a little off because we didn't want or couldn't afford braces when we were younger - there are plenty of reasons why our teeth aren't perfect today. The good news is that veneers can help us correct these problems.

Are Veneers right for you?

Veneers can be a great choice if you're interested in improving the look of your smile without invasive procedures. They work best with teeth that are already fairly healthy but which just have some minor problems which keep your smile from reaching its full potential. Some people prefer veneers as an alternative to bleaching, which requires more treatments and does not work for everyone.

What are Veneers?

Veneers are small pieces of porcelain designed to blend in with your existing teeth. They are very thin and are attached using a type of resin. Once they are attached, you can continue leading a normal life and eating a normal diet without any problems, plus you'll have a beautiful, bright smile.

Veneer placement is performed in your cosmetic dentist's office during two separate visits. With traditional veneers, you will need to have local anesthetic - there is some discomfort involved with the procedure because your teeth will need to be shaved down so the veneers can fit onto your teeth properly. Lumineers, the brand name for another type of porcelain veneers, do not require teeth shaving, so no anesthetic is needed. However, these types of veneers are not available from all cosmetic dentists and tend to cost slightly more.

Are you a good candidate?

The best candidates for veneers are individuals who already have healthy teeth and gums, but who want to improve the look of their smile and correct minor problems, such as chips and discoloration.

If you are opting for traditional veneers, you must also be committed to having the veneers because the procedure is not reversible. After your teeth are shaved to allow the veneers to be placed, you will have permanent gaps between your teeth that will be visible without the veneers in place. Cost may also be a factor. Each veneer costs between £600 and £1000, so just having the veneers placed on your six front teeth could cost between £3600 and £6000.

How is the procedure performed?

With traditional veneers, the procedure will require two separate visits. During the first visit, a mold of your teeth will be made so the veneers can be properly fabricated. Then your dentist will use a local anesthetic to numb the area before begin to shave away a small portion of the teeth which are being corrected with the veneers.

After the veneers have been fabricated - this usually takes 7 to 10 days - you'll return to the dentist's office where he or she will attach them to the front of your teeth using a safe plastic resin. During this visit, you may also need a local anesthetic to make you feel comfortable and relaxed. After the veneers are in place, your dentist will shine a light on them to seal the resin faster.

If you are having Lumineers placed on your teeth, you will still need two visits but no aesthetic should be required. Your dentist makes a mold of your teeth so that your veneers can be created. When you return to have them placed, your teeth will be etched a little to make sure the veneers can fit correctly. Once they are in place, your dentist will also use the light to seal them in place.

How long will it take before I feel normal again?

With traditional veneers, you may have some sensitivity to extreme temperatures in your teeth because of the removal of some of the protective enamel of your teeth during your first visit. Once you complete your second visit, that sensitivity should disappear. You may have some minor discomfort for a day or two, but within 3 to 7 days after the second procedure you should be back to normal.

With Lumineers, your recovery is even speedier. Because your teeth aren't shaved and no anesthetic is used, you should be able to return to your normal activities almost immediately.

Are there any risks?

If you use a local anesthetic during the procedure, you will face some risk of complications from it. However, this is common whenever anesthetic is used. The only other risk is if you are unhappy with the traditional veneers, you can not reverse the procedure because of the shaving required to place the veneers. If you opt for the Lumineers type of veneers, the procedure is reversible if you are unhappy with the results.

Will I be happy with my results?

Most people who have veneers placed on their teeth are happy with the results. The porcelain is very strong and is not damaged by any normal wear and tear for at least 20 years. You do need to care for them properly, including brushing and flossing. Caring for them will keep them in good shape for a longer period of time and will keep your new smile looking beautiful.

Further Information

This brochure has been prepared to give a basic understanding of the procedure before a consultation takes place, and to cover many of the questions frequently asked about this type of cosmetic surgery. Final decisions should not be made until an individual assessment has taken place with the surgeon.

There is no obligation on the part of the patient to undergo surgery by attending for consultation.

If you have any further questions or would like to arrange a consultation please fill in the online form on our website at www.surgeryone.co.uk. All enquiries are always treated confidentially.