**Dental Veneers**

**What are Veneers?**

Veneers are very thin, custom-made laminates roughly 0.5 -1.0mm in thickness, which are bonded onto the front surface of your teeth. They only require the minimal amount of preparation to the tooth structure and therefore, are a much more conservative restoration than a crown. They are an option for closing gaps or disguising discoloured teeth that do not respond well to whitening procedures. They provide long-lasting results and perfect your smile.

Having a Veneer requires little or no tooth preparation and is ideal for improving the appearance of the front teeth. They are also ideal for improving or repairing gaps in teeth, crooked teeth or worn or chipped teeth.

**Dental Veneers**

* They are there to help change the shape and colour of your teeth.
* It gives you greater confidence if you feel better about yourself.
* They can help close up spaces between your teeth or correct rotated teeth.
* Veneers will last for many years, as long as they are well looked after.

**What is the procedure in having Veneers?**

For the dental veneer to look natural, your original tooth must first be shaved back. By doing this, it ensures that the veneer will sit at the same level as your other teeth creating a flawless smile. The preparation as well as the actual placement of the veneers is extremely important. At Bear Cross Dental, we only use dentists who have many years’ experience in this treatment so you can be rest assured that the end result will be satisfactory

The first stage will involve a consultation with your dentist who will explain exactly what is necessary to correct your dental problems.

Before the procedure the dentist will numb the affected teeth and gums and shave off a thin layer of the tooth’s surface. To make sure that your veneers aren’t noticeable the dentist will aim to shave off the same thickness of tooth as the veneer that is being fitted.

Once your teeth are prepared, an impression is made of your teeth using dental putty, which you may have experienced if you have had Braces fitted. This is used to create a mould of your teeth and from this mould the new veneers are created. This ensures that they fit your mouth exactly. The length of the creation process varies according to dentist. Once the mould comes back you should have a chance to discuss the colour and shape of your veneer with your dentist. It is important to check your veneers before they are cemented on.

Before the veneers are fitted preparation must be done to make your teeth more receptive to the bonding. The dentist will roughen the surface of your tooth enamel using an etching gel made up of a small quantity of phosphoric acid. The rough surface texture means a firmer bond is created with the veneers.

The veneers are fitted with dental cement, which is placed onto the veneer before it is attached to your tooth. To speed up how quickly the cement dries, your dentist will shine a light that permeates the veneer and regulates the cement. This takes only a few minutes and once finished your veneers should be firmly attached.

The final step is to trim away any excess cement and to polish the veneers to a shape that you are happy with. You may wish to discuss this with your dentist to agree on the best size and shape for your teeth. Once trimmed and polished you will be left with your desired smile.

**Afterwards**

After your veneers have been cemented on, your dentist will recommend avoiding any food or drinks that could stain your teeth. Cigarette smoking should also be completely avoided too.

For further information, ask your dentist about Dental Veneers or speak to the receptionist.