## **Veneers Post-Operative Care**

- Avoid chewing/biting into hard/crunchy foods
- Keep up with you proper brushing, flossing, and regular cleanings
- You may experience hot/cold sensitivity that will decrease with time
- Gums may be a little sore/sensitive in which you may rinse with salt water to help them heal
- Do not use your teeth as tools (i.e. Biting fingernails, price tags, fishing line, etc.)

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