



THE ZIRCONIA STANDARD

Postoperative Care Guide

Your New Smile Journey

Postoperative Care Guide for Zirconia Veneers

Quiet luxury begins with care.

THE FIRST 48 HOURS

The Critical Window

The first 48 hours play a vital role in comfort, healing, and long-term results.

What's Normal

- Mild sensitivity
- Gentle gum tenderness
- Bite awareness as your mouth adjusts

Care Essentials

- Prioritize rest
- Use prescribed pain relief if needed
- Apply cold compresses externally (10–15 minutes)

Avoid

- Extreme hot or cold
- Testing your veneers
- Excessive chewing

THE SOFT PALATE

Eating & Drinking Guidelines

Choose ✓

- Soft, nourishing foods
- Lukewarm beverages
- Small, controlled bites

Avoid ✗

- Hard or crunchy foods
- Ice or frozen items
- Sticky or chewy textures

Rule of Thumb

If force is required — skip it.

DAILY RITUALS

Hygiene & Habits

Daily Care

- Brush gently twice daily (*soft bristles*)
- Use non-abrasive toothpaste
- Floss carefully once per day

Protect Your Investment

- Avoid nail biting or using teeth as tools
- Wear your night guard if prescribed

Consistency preserves beauty.

PROFESSIONAL MAINTENANCE

Long-Term Excellence

- Attend all follow-up appointments
- Professional cleanings every **6 months**
- Routine exams protect aesthetics and strength

Contact Arteta Dental Studio Immediately If:

- Pain persists
- A veneer feels uneven or loose
- You notice chipping or bite discomfort

 **9871032889**

Your smile is an investment — protect it.

At Arteta Dental Studio, zirconia veneers are crafted with precision, science, and artistry.
Your care ensures they last beautifully for years to come.

