



# THE ZIRCONIA STANDARD

## Postoperative Care Guide

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### 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.

