

How to Lengthen the Lifetime of Your Dental Veneers?

A dental veneer's lifespan depends on the care you take of your teeth. Your dental veneers will wear out if you are not taking the proper care.

Here are some points to keep your veneers for a long time:



1. If you are opening things with your teeth and using your teeth as a tool, your veneers can get chipped or cracked. Don't try to bite or open non-food items. You may end up with veneer damage.
2. Avoid eating products like tobacco. It stains your teeth and can turn your new sparkling white veneers yellow.
3. Avoid foods and drinks that stain your teeth. Pasta sauce, berries, different curries, soft drinks, wine, coffee, and tea can stain your teeth and damage veneers.
4. Go to the [veneers specialist near me](#) for regular cleanings and checkups. Go to cosmetic dentistry in Houston, TX, for regular professional cleanings to keep your teeth healthy. However, the **dental veneers near me** will also examine your dental veneers in every cleaning and confirm they are still good state.
5. Your **dental veneers specialist** will suggest you Floss daily. Dental veneers do not spoil by flossing your teeth. Flossing is fruitful for you as it keeps your teeth and gums in good shape and protects you from gum disease, creating a gap between your gums and dental veneers.
6. Wear a mouthguard when playing any game, and wear a dental guard at night if you grind your teeth in sleep. Wearing a guard can help prevent the decay of the porcelain in your dental veneers and keep them good in shape like **perfect straight teeth**.
7. Your [Houston veneers specialist](#) will ask you to use a soft-bristle toothbrush and toothpaste that does not contain harmful ingredients. Even proper dental care can help veneers to stay long. Treat your dental veneers gently so that they last long.

What are the various types of dental veneers?

There are 4 **types of veneers**.



Porcelain Veneers

Dentists use **veneers treatment**, the most common device to treat your teeth problems. They are made up of tooth-colored ceramic shells, and they are solid and durable.

Composite Veneers

Composite veneers are prepared from a composite resin made of organic and inorganic substances and do not irritate the teeth' surrounding parts. It is not expensive like porcelain veneers.

Lumineers

Lumineers are thin and robust; the dentist uses them to apply with teeth preparation. After the placing, it feels natural, like an original one.

Palatal Veneers

Your dentist will use Palatal Veneers, custom-built and restores the lingual surface of your front teeth.

Temporary Veneers

Temporary veneers are also removable or snap-on veneers because they can be removed while brushing or flossing. They are a flexible type of resin, and your dentist will fix it as a temporary solution after fabricating the veneers permanently.

Conclusion:

By visiting **cosmetic dentistry** regularly, you can stop the arrival of unwanted oral issues. The cost of veneers can vary with your oral problems. Ask your **best Houston dental clinic** and treat stained, crooked, cracked, etc.

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