
Pronova Dentistry Manuals
Dental Cosmetic Veneers

**How can dental
veneers help my
smile and
self-esteem?**



CLÍNICA PRONOVA

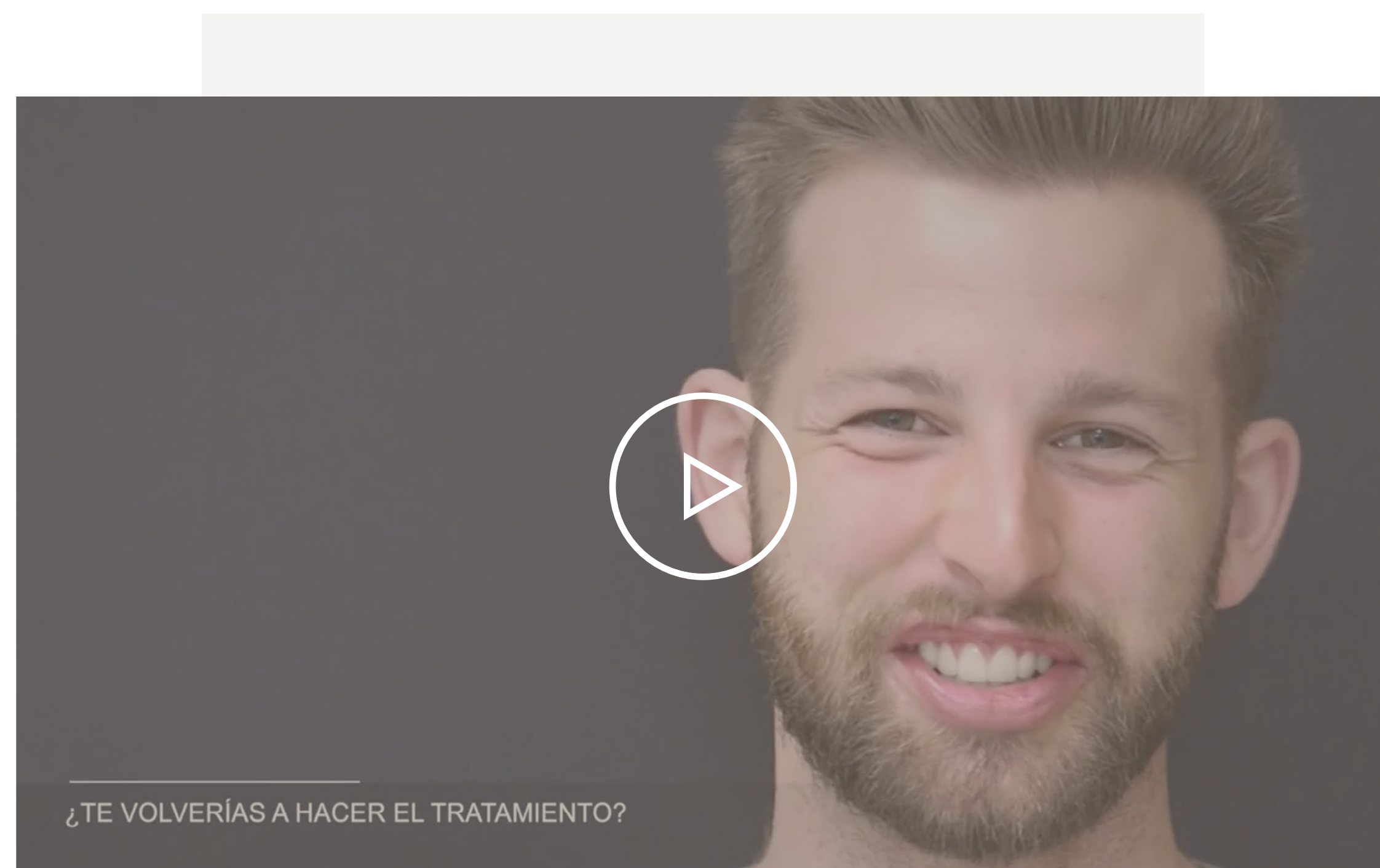
Dental veneers are a treatment that you surely heard of. You might also know that many Hollywood stars wear them and probably you have seen “radical changes” of these actors, demonstrating the change from dark or crooked teeth to great smiles. Most likely, they have done some **dental cosmetic treatment** with veneers. This manual intents to **clarify all the doubts** you may have about dental veneers and explains how they can help you **improve your smile** and your appearance.

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1 What is a dental veneer?

The veneers are **very thin ceramic or resin sheets** of 0.3 to 0.5 mm, handmade to improve the color, shape and position of the tooth, recovering a **natural, beautiful, bright and cheerful smile**.

The veneer is adhered by means of resin cements on the front face of the tooth **in a long-lasting manner**. It is a technique that requires **high level of expertise**, so the dentist must have a great technical and artistic qualification in preparation, design and placement of the veneers.



2 What are the benefits of veneers?

The main benefits associated with dental veneers are:

1. **Non-invasive treatment:** It is a minimally invasive treatment where the tooth should only be "prepared" 0.3-0.5 mm in the front, so it is not as aggressive as a crown where the tooth should be carved up to 1.5 mm not only on its front, but also on the rest of the sides.
2. **High durability:** Clinical studies show that 91-95% of ceramic veneers remain impeccable for 15-20 years and can last even longer. This does not mean that they cannot wear out or break, but these cases are exception and veneers can always be repaired.
3. **Extraordinary aesthetic results and natural appearance:** Veneers offer outstanding aesthetic results, even in complex smile reconstructions. Many actors and actresses resort to this technique to improve their smile.
4. **Pain-free treatments:** It is a treatment that does not cause pain.
5. **Quick treatment:** Treatment can be completed in 1-3 visits.



3 How do I know I need dental veneers?

Dental veneers do not generate any medical rejection on the part of the patient, and that is why it is a **treatment indicated for all types of mouth**. If you have any of the following problems, you are definitely a candidate for dental veneers:

Old dental restoration



Crooked teeth



Defective teeth



Teeth with cavities



Teeth with gaps



Discolored teeth



Broken teeth



Worn teeth

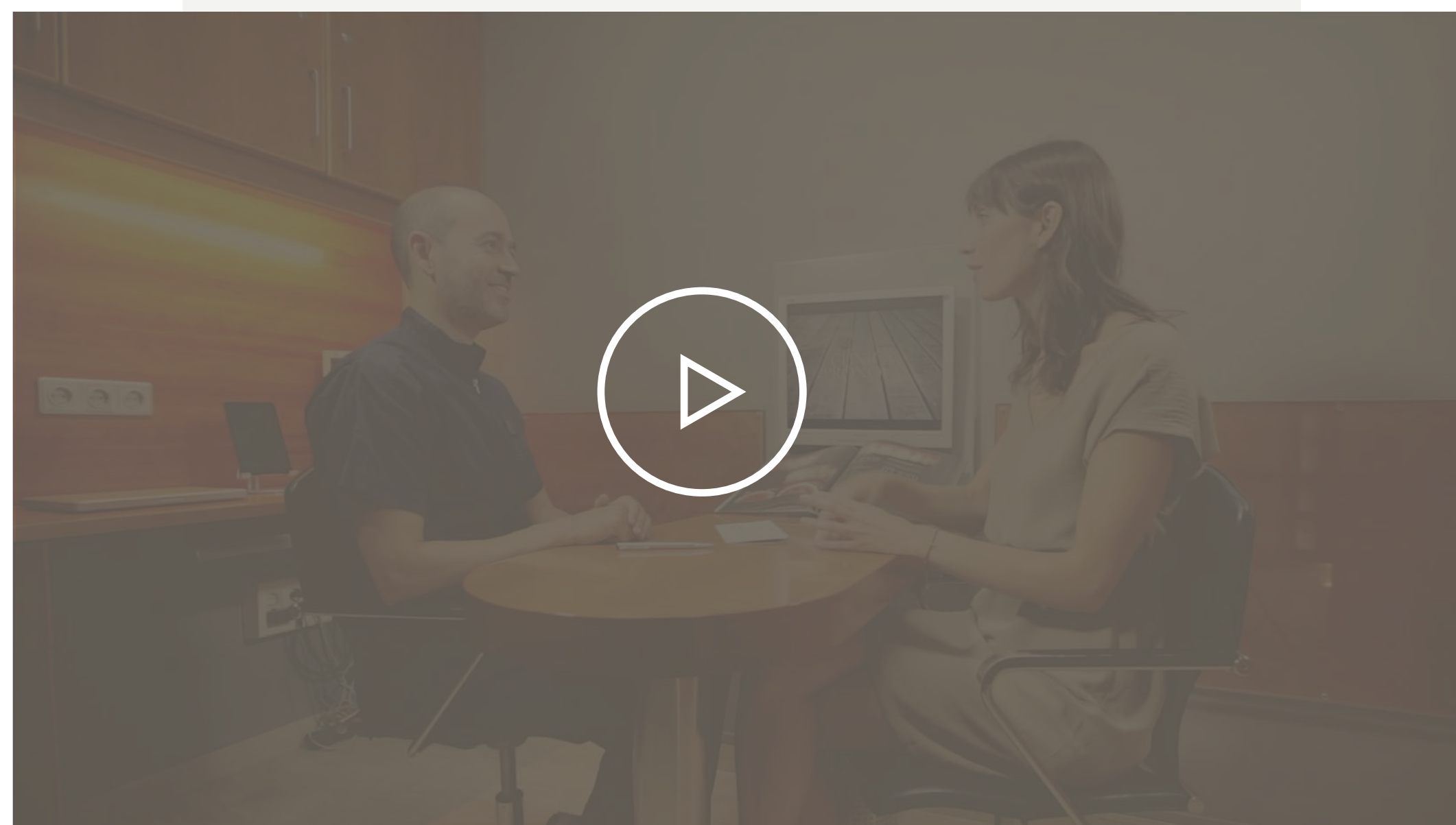


4 Can I see what the applied veneers will look like before starting the treatment?

Often patients who want to improve their smile ask us if there is any test that can be done before the treatment to know if the veneers are going to really improve their smile. Thanks to the **DSD® (Digital Smile Design)** it is possible to design the **shape, color and position of the veneers** using computer software.

Next, we show you what the treatment consists of:

1. Taking facial and dental photographs
2. Design of new teeth using computer software
3. Manufacture of a resin mask based on computer design
4. Placement of the mask on the teeth
5. Recording a video to visualize the final result of the treatment
6. Removing the mask and delivering the video to the patient
7. Returning home where you can discuss the result of the treatment with your family.



5 Who does perform the treatment of porcelain veneers?

Dental veneers are designed and placed by a **specialist in cosmetic dentistry**. These are highly specialized dentists with advanced training in dental aesthetic techniques and materials. They are specialists who also have **artistic intuition** to create the most suitable shape, color and position of veneers for each patient, always in order to achieve a **natural and bright result**.



6 How many types of dental veneers are there?

There are two types of dental veneers, **resin veneers and ceramic veneers**. The indication of each type of veneer must be evaluated individually for each patient, since there are many factors that determine the choice of one type of veneer or another. Here we explain the **advantages and disadvantages of each type of veneer**:

Ceramic veneers: Stability of brightness and long-term color; need 2-3 sessions for its design, manufacture and placement; and more resistant to fractures.

Resin veneers: More economical fees; treatment done in one session; and need retouching after 4-5 years.



7 Is the treatment painful?

The treatment to design, make and place veneers **is not painful**. Since the minimum preparation is needed for the tooth, in many cases the use of local anesthesia is not necessary. In some cases you may experience a slight sensitivity to cold drinks, but this feeling disappears with time.

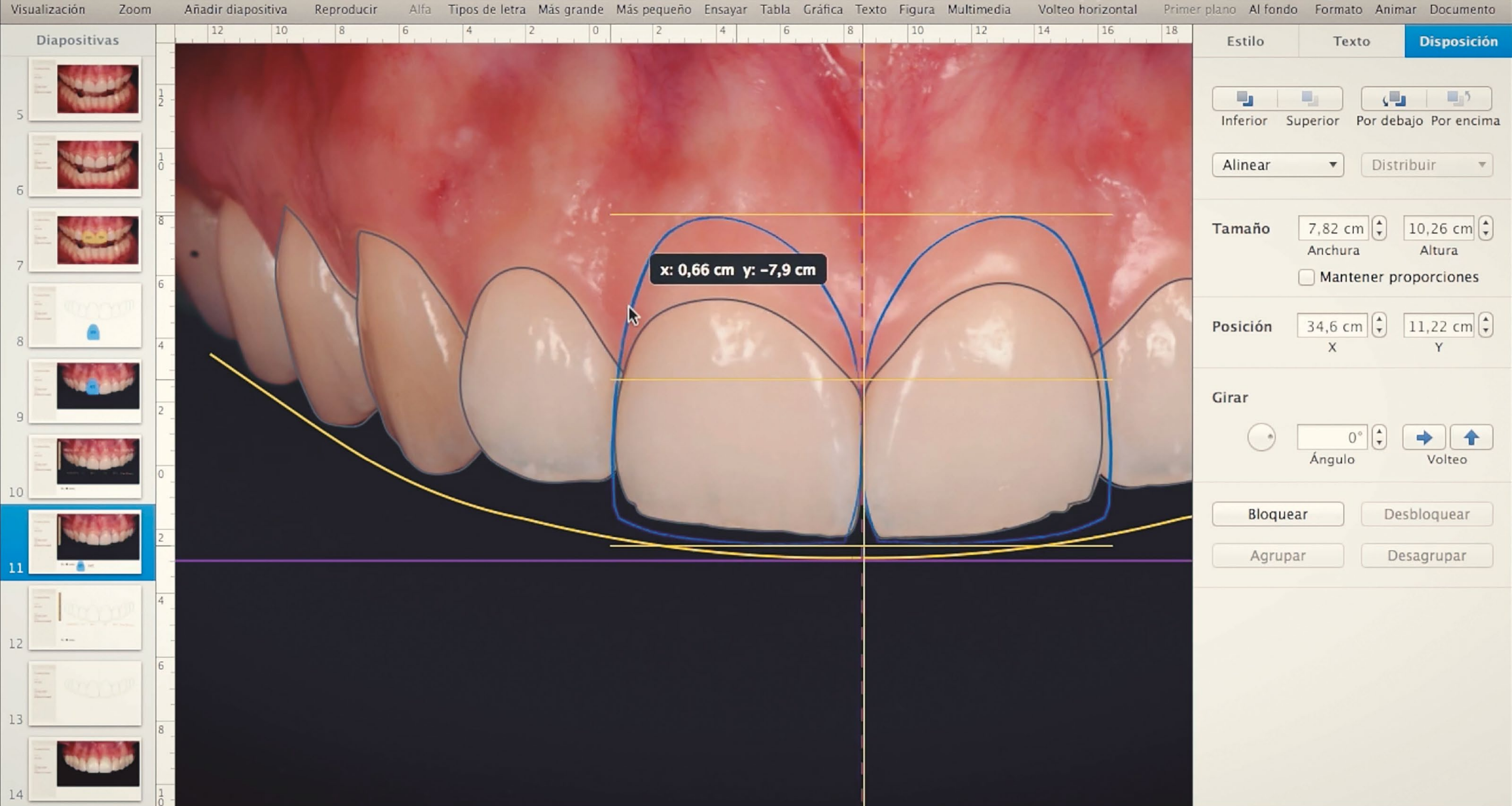
8 Is it necessary to remodel the tooth to place the veneers?

The amount of tooth surface to be prepared **is minimal** and in some cases, such as when there is tooth wear on the front of the tooth, no preparation is necessary. For this reason, the dental veneers are often the treatment of choice to change the shape and color of the teeth.

9 What will I need to wear while the veneers are being made?

The ceramic veneers are elaborated by a specialized **dental prosthesis laboratory** that usually requires **6 to 10 days** to manufacture custom porcelain veneers.

During this period of time you will use **provisional veneers**. While wearing provisional veneers it is recommended to choose soft foods, and thus avoid its wear or breakage.



10 How should I take care of my dental veneers?

Dental veneers **require the same care as teeth**. You should use an electric or manual brush three times a day, as well as practice the use of interdental cleaning with the floss or the interdental brushes. A good oral hygiene **is essential** for the proper maintenance and durability of dental veneers.

11 How long do dental veneers last?

Long-term scientific studies on dental veneers carried out in prestigious university centers since the late 1980s indicate that the **success rate of veneers at 20 years varies between 93% and 96%**, with a high satisfaction rate of patients consulted. These studies show that veneers are a **durable and satisfactory solution** for patients who opt for this aesthetic solution.

12 Can the dental veneers fall?

The veneers are **permanently** adhered to the surface of the tooth by means of sophisticated adhesives based on fluid resins of high adherence. Scientific studies made during more than 20 years show that veneers maintain adhesion in **more than 97% of cases**.

13 What is the price of dental veneers?

There are several factors that determine the fees for the placement of dental veneers. **Ceramic dental veneers** can vary between € 400 and € 700, while **resin veneers** range between € 200 and € 400. The dentist's fees vary depending on the prestige of the clinic, the qualifications and experience of the professionals who perform the treatment, the laboratory that makes the veneers, etc.

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How to choose the ideal dental center for the treatment of ceramic veneers?

Nowadays there are many dental centers that offer dental veneers treatment and therefore the patient might have difficulties in making the right decision. These are the **4 key points that you must know** to avoid mistakes.

1. **Do not choose the center for the price.** Currently there are many brands or “dental franchises” that offer ceramic veneers from € 250. With this price all they want is to get your attention. You must remember that a veneer is not just a piece of ceramics, but a custom made object aimed to improve the appearance of your smile and your self-esteem. The decision on shape and color, as well as the execution of the treatment requires high technology and advanced knowledge in aesthetics, otherwise the result may be unnatural and not durable.
2. **Look for dental clinics and qualified professionals, with extensive experience and a consolidated reputation over the years.** The success of ceramic dental veneers is related to the experience and knowledge of the dentist. Today, the failure of dental veneers is extremely rare in highly specialized centers. When you choose a center, ask about its reputation, its trajectory, the continuous training of its human team and the academic skills of the professionals who work there.



3. **Do not do the treatment in a center where there is not a digital study of the DSD® smile,** which allows you to see the actual result of the treatment before starting the treatment, because you are increasing the chances that the final aesthetic result is inappropriate or unpredictable.
4. **Visit the dental clinic and meet the professionals**
If necessary, go to at least two centers to compare the attention and information you receive. The choice of the dental clinic is based on many sensations that you can notice in the visit to the center such as facilities, technology, punctuality, humane treatment, order, organization, time and analysis of your case and especially the information received from professionals. Highly qualified professionals are discovered with personal treatment and that is why you need to know them personally.

We hope that the content of this manual has helped you solve your doubts about dental veneers treatments. If you need more information we encourage you to send us your inquiries to our email **info@clinicapronova.com**, call us **(971 763 764)** or ask us directly through our **social media pages**.

We will be happy to help you.

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