



DR. APOSTOLOS DIGELOUDIS

DENTISTRY

YOUR SMILE IS OUR PASSION

DENTAL VENEERS GUIDE

The Price, Pain, and Upkeep You Need to Keep in Mind

How do veneers work?

Basically, **a veneer is a thin wafer of porcelain that is permanently bonded to a tooth to mask its natural color, shape, or positioning in the mouth.** You can get a veneer for just one tooth (let's say you tripped and fell when you were little and now it has a gray cast to it) or multiple teeth. You also have the option to get either partial (they don't cover your entire tooth) or full (they cover the entire front of your tooth) veneers—it really just depends on your needs and budget.

There's a catch though: You can't just show a picture of Gigi Hadid to your dentist and say "*I want veneers to get her exact smile, please!*", because what teeth shape and size works for her face won't necessarily work for yours. "Patients comes in with an idea of what they like and don't like about their teeth, and then my job is to take that information and actually make it work for them.

Veneers before and after:

Since veneers are both an aesthetic procedure and a serious dental procedure, ask to see examples of the cosmetic dentist's previous work to make sure they're good and that you like their style. **Be sure to check out their before-and-after photos but also ask to see photos taken years later to see how the results hold up over time.** If you're still a little confused about how veneers actually look IRL, go to our Instagram.

Who is a good candidate for veneers?

Most people with good oral hygiene and healthy gum tissue and those who want to have this can consider veneers if they don't like the look of their teeth or overall smile, but also people who want to correct an issue. For example, gum tissue issues, patients with crooked teeth who don't want to undergo braces (or get them again...), some who don't like the color of their teeth and want to whiten them permanently. Beautiful, white teeth are easier to clean and provide health and attraction.

Are veneers done in one day?

Typically no. **Veneers are a multi-step process that's often spread out over a few appointments**, but the results are definitely worth the extra time. What's so cool about the specific veneers that Dr. Digeloudis does is how customized they are for each of his patients. „First I discuss with the patient what is possible based off their need/wants. I also take into account their personality, how they talk, the expressions they make, how they smile, all while making sure their teeth also work functionally so they can still eat," Dr. Digeloudis says. To make sure you're going to like what you just discussed with your dentist, temporary veneers are then made out of a liquid composite (think of it like a blueprint for your teeth). Dr. Apa specifically sculpts what your new smile will look like so that he can take pictures of you and decide whether or not you'd like to move forward. Once you commit to your veneer plan and figure out how many you need, more molds, X-rays, and photographs are taken. Then, you come back the next day for prep. **We offer a two-day turnaround for veneers** (if, say, someone is traveling in from out of town), which means you'll only wear temporaries for 48 hours—but there's a rush fee of €15 K

What is the price of veneers?

Veneers can cost from **\$1,000 to \$4,000 *per tooth***. Can't swing that very, very large chunk of change? You're not alone. Ask us, we offer you a payment plan, because very few people can shell out that kind of cash all at once.

Are veneers permanent?

They're permanent, but they're not forever. Bonding cement is a substance that microscopically creates bridges from your real tooth to the porcelain so that it adheres to your tooth and becomes one. Think of it as the glue for a press-on nail—only you can't get this one off once it's on. After the bonding cement is in place and the veneer is on your tooth, the bonding cement is cured with a tiny UV light to secure everything in place. With that said, **veneers could last for about a 20 to 25 years, at which point they'll need to be replaced. Professional dental cleaning every 2 months verlängert die Haltbarkeit und Langlebigkeit Ihrer Veneers erheblich.** To replace veneers, you gently and carefully drill off the old veneer, and start the new process over. Don't worry, more of your natural tooth does not get removed when they take the old ones off; dentists typically wear microscopic glasses to make sure they're not drilling into the natural tooth.

Can veneers fall off?

Although it happens infrequently, **the veneers *can* de-bond or break**, but if this were to happen, your dentist would be able to re-cement or replace the veneer, depending on the situation.

Do we shave your teeth for veneers?

The teeth might need to be shaved down during the prep stage, but it really just depends on your specific situation. **Ninety-nine percent of the time, we don't need to shave away more than .5 millimeters to gain all of these before and afters you see.** In case you're now reaching for a ruler, .5 millimeters is about the thickness of your fingernail. The whole crux of what makes my teeth different than most is that we designing the final smile before I even start to prep, so it allows me to be super minimal when it comes to what I have to do to prep the teeth. For example, if you come in with large, grayish-looking, crooked teeth, that's when he'd really have to shave the teeth down to get the look you might want. But if you have short teeth and gaps in between your teeth, he won't have to do as much prep or shaving.

Are veneers painful?

It's not exactly a pain-free process, which is why before the multi-hour application process begins, **you'll be numbed with a localized anesthesia**. Regardless of whether you choose partial or full veneers, you'll be undergoing a medical procedure, so local anesthesia is required. **Fifty percent of patients get bonding sensitivity, which is a reaction between your teeth and the bonding cement.** The extreme pain it comes with can last six hours after the anesthesia wears off, followed by a dull pain that comes in waves. Consider Ibuprofen your BFF during that time period. Days after the procedure, there is often an adjustment period where your bite might feel off and you feel zings of pain. In addition to possible bonding sensitivity, there's an overall healing process your gums go through, because they need to reform around the new teeth.

Do you have to brush veneers?

Now is not the time to retire that electric toothbrush. To keep your veneers looking amazing for the longest possible amount of time, you have to go to the dentist at least 4 times a year for cleanings and be consistent about brushing and flossing. **Veneers are an investment that you have to take care of.** If you don't, you'll need to replace them sooner than the standard 15 to 20 years.

Can you still get cavities with veneers?

Yes. **Not only can you can get cavities where the veneer isn't covering the tooth, but you can also get cavities underneath them.** Veneers (whether they fully or partially cover the teeth) are not a set-it-and-forget-it kinda procedure, so again, you'll need to really take care of them to ensure they last as long as possible.

Do veneers stay white?

The veneers themselves will stay the same color over time, whether that's bright white or a more natural-looking white. People always want their teeth to look natural *and* white, but your teeth are either yellow-white or gray-white by nature, but everyone wants white-white. So, the trick is making your smile white without making your teeth appear dense, opaque, and fake. To find the perfect shade Dr. Digeloudis mainly looks at a person's skin tone to make a customized decision, which he relays to his team of ceramists.

Are veneers worth it?

A healthy smile for a healthy you.

Oral hygiene at home is not enough to completely clean all areas of the teeth. 20-40% of the areas remain uncleaned. Straight teeth not only exude high performance, attractiveness and sovereignty, but also create the necessary hygienic ability that is needed to reduce oral bacteria in the oral cavity. Oral bacteria not only cause tooth decay, bleeding gums and bad breath, they increase the risk of premature birth, heart attack and stroke by a factor of four. *