

# DENTAL VENEERS PATIENT INFORMATION GUIDE

*(Educational material - not a replacement for personalised medical advice)*



# Information For Patients

This booklet provides information to help you decide whether to undergo dental veneer treatment. It explains how the procedure is performed, the potential benefits and risks, and what to expect before, during and after care.

You may wish to discuss this information with a partner, family member or carer before making your decision. You will be asked to sign consent forms prior to treatment, so it is important that you understand the contents of this booklet before proceeding.

If you have any questions, it may be helpful to write them down so that you can discuss them with your dentist or a member of the clinical team.

This document is intended for educational purposes and does not replace a personalised consultation with a qualified dental professional.

## Contents

- Information for Patients
- What are Dental Veneers?
- Why Consider This Procedure?
- Preparing for Treatment
- Your Treatment Journey (International Patients)
- The Procedure
- After the Procedure
- Recovery and Expected Results
- Aftercare Instructions
- Potential Benefits
- Risks and Complications
- Procedure-Specific Considerations
- When to Seek Medical Advice
- Questions to Ask Your Dentist
- Further Information and Consent
- Contact Information
- Document Information



**WORLD**  
**MEDI-GROUP**

## What are Dental Veneers?

Dental veneers are thin shells, typically made of porcelain or composite materials, that are bonded to the front surface of teeth to improve their appearance.

Veneers are designed to change the shape, size, colour or alignment of visible teeth. They are commonly used to enhance the appearance of the smile while preserving much of the natural tooth structure.

Treatment plans are tailored to individual needs and may involve one or multiple teeth.

## Why Consider This Procedure?

You may consider dental veneers if you experience:

- Discoloured or stained teeth
- Chipped or worn teeth
- Minor misalignment or irregular shape
- Gaps between teeth
- Uneven tooth size
- Desire for cosmetic improvement of the smile

Suitability depends on tooth condition, gum health and individual expectations.

## Preparing for Treatment

Before treatment you may be advised to:

- Undergo dental examination and imaging if required
- Disclose all medical conditions, medications and allergies
- Complete preliminary treatments such as hygiene therapy
- Maintain good oral hygiene
- Address any active decay or gum disease
- Discuss expectations and shade preferences

Your dentist will develop a personalised treatment plan based on clinical findings.

# Your Treatment Journey (International Patients)

## Initial Assessment

Your medical history, dental records, photographs and imaging are reviewed.

## Travel Arrangements

Airport pickup and accommodation may be arranged through the treating clinic.

## Pre-Treatment Appointment

You will attend a consultation for examination, treatment planning and consent.

## Treatment Phase

Procedures are performed in a dental clinic environment, often over one or more visits.

## Follow-Up

Adjustments or reviews may be required after placement.

## Return Travel

Patients are usually advised to remain abroad for a short period to allow for early follow-up before travelling home.

## The Procedure

The veneer process typically involves preparing the tooth surface, taking impressions or digital scans and fabricating the veneers.

A small amount of enamel may be removed to allow proper fit and appearance. Temporary restorations may be placed while the final veneers are being manufactured.

Once ready, the veneers are bonded securely to the teeth using specialised dental materials.

Treatment duration varies depending on the number of veneers and the technique used.

## After the Procedure

After placement you may experience:

- Mild sensitivity to temperature
- Minor discomfort
- Adjustment to the new bite
- Gum tenderness

These effects are usually temporary.

## Recovery and Expected Results

### Early Phase

Most patients return to normal daily activities immediately.

### Adjustment Period

It may take several days to adapt to the feel of the veneers.

### Long-Term Outcome

With proper care, veneers can provide long-lasting aesthetic improvement.

Longevity varies depending on oral hygiene, lifestyle and material used.

## Aftercare Instructions

You may be advised to:

- Maintain excellent oral hygiene
- Avoid biting very hard objects
- Limit foods that may stain composite materials
- Attend regular dental check-ups
- Use a night guard if recommended

Following aftercare instructions supports durability and oral health.

## Potential Benefits

Dental veneers may:

- Improve the appearance of teeth and smile
- Enhance tooth colour and brightness
- Correct minor shape or alignment issues
- Provide a natural-looking result
- Boost confidence in appearance

Results vary between individuals.

## Risks and Complications

All dental procedures carry some degree of risk.

Possible complications may include:

- Tooth sensitivity
- Damage to underlying tooth structure
- Gum irritation
- Debonding or fracture of veneers
- Need for replacement over time
- Unsatisfactory aesthetic outcome

Your dentist will discuss risks relevant to your specific treatment.

## Procedure-Specific Considerations

### **Bone Quality**

Adequate bone is required for implant stability, although angled placement may reduce the need for grafting.

### **Temporary vs Final Prosthesis**

A provisional restoration is often used before the final prosthesis is fitted.

### **Maintenance**

Long-term care and regular professional reviews are essential.

### **Lifestyle Factors**

Smoking and certain medical conditions may affect outcomes.

## When to Seek Medical Advice

Seek dental attention if you experience:

- Persistent pain or sensitivity
- Damage or loosening of veneers
- Gum swelling or bleeding
- Signs of infection
- Difficulty biting

## Questions to Ask Your Surgeon

You may wish to ask:

- Am I a suitable candidate for veneers?
- How many veneers are recommended?
- What material is most appropriate for me?
- What results are realistic?
- How long will they last?
- What maintenance will be required?



## Further Information and Consent

Before proceeding with surgery you will be asked to sign a consent form confirming that:

- You understand the nature of the procedure
- The potential risks and benefits have been explained
- You have had the opportunity to ask questions
- You understand that results may vary between individuals

The final decision regarding suitability for surgery is made by the treating surgeon following medical assessment.

## Contact Information

If you require further clarification before your consultation or treatment, please contact:

World Medi Group  
contact@worldmedigroup.com  
Phone/WhatsApp: +44 7464085948  
www.worldmedigroup.com



## Document Information

Procedure: Dental Veneers

Series: World Medi Group – Patient Information Series

Version: 1.0

Date of Issue: 2016

This document is provided for educational purposes and does not replace a personalised medical consultation.