

# LUMINEER CARE



Lumineers require special care. Your child must be very careful when eating and chewing. We ask that your child avoid biting into hard, crunchy or sticky foods and to avoid using the teeth to tear foods. These foods can cause the lumineers to break or completely come off.

## Sticky Foods

Taffy, caramel, gummy candy, gum, fruit roll ups, licorice, or other sticky substances.

## Hard Foods

Nuts, carrots, apples, hard candies, pizza crust, ice

## Crunchy Foods

Taco shells, chips, corn nuts

## Tearing Foods

Jerky, corn on the cob, chicken wings

- ✚ Breakage can occur as a result of some force being placed on the tooth such as a bump to the mouth or hard foods. Accidents involving bumps to the teeth, night-time teeth grinding and chewing on items such as toys, pens, and pencils can also cause breakage or loss.
- ✚ Brush the lumineer using a soft toothbrush and floss as you would their natural teeth, concentrating on the gumline.
- ✚ If a lumineer is placed on a baby tooth, the tooth will fall out on its own in the usual manner.
- ✚ Your child may have been given a local anesthetic for their dental treatment. Children do not always understand the sensation of being numb. Please watch your child carefully as they may bite, chew or suck on their lip, tongue or cheek and may cause painful wounds in their mouth. We recommend a soft diet (Jello, pudding, yogurt, applesauce, ice cream) until the numbness wears off.
- ✚ Regular checkups and cleanings are recommended to ensure that the crown underlying tooth structures are healthy. If you have any questions, please call our office.

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