

Am I a Good Candidate for Veneers?

The complete self-assessment guide — understand exactly what qualifies you, what might need to be addressed first, and how to walk into your consultation with confidence.

✓ Good Candidate Checklist

⚠ Pre-Treatment Conditions

🕒 Pre-Treatment Timelines

💬 What to Expect at Your Consultation

B

Clinically Reviewed by Brennan Bonati, DDS
VeneersAuthority.com — Independent Dental Education

WHAT'S INSIDE

- The Good Candidate Checklist
- Pre-Treatment Timelines
- Pre-Treatment Conditions Explained
- What Happens at Your First Consultation

The Good Candidate Checklist

Most adults who want veneers qualify — here is how to know for sure

The majority of adults who want veneers are good candidates. The most common disqualifying conditions are not permanent — they simply require treatment first. Use this checklist as a starting point before your consultation.

✓ Good Candidate Indicators

- ✓ Healthy gums with no active periodontal disease
- ✓ No active tooth decay or untreated cavities
- ✓ Sufficient enamel remaining for bonding
- ✓ Stable bite — no severe crossbite or open bite
- ✓ Realistic expectations about the outcome
- ✓ Committed to long-term maintenance
- ✓ Non-smoker or willing to quit (affects longevity)

⚠ May Need Pre-Treatment First

- ⚠ Active gum disease — treat first, then reassess
- ⚠ Untreated cavities — must be resolved before veneers
- ⚠ Severe teeth grinding (bruxism) — night guard plan required
- ⚠ Significant misalignment — orthodontics may be recommended first
- ⚠ Very short or worn teeth — may need crown lengthening
- ⚠ Heavily restored teeth — crowns may be a better option
- ⚠ Insufficient enamel — no-prep or composite may be better

Brennan's Clinical Note: "The most common reason I defer a veneer case is undiagnosed bruxism — teeth grinding the patient doesn't know they have. If your teeth look worn or your jaw is sore in the mornings, mention it at your consultation. A night guard before veneers can double the lifespan of your result."

A consultation with a cosmetic dentist is the only way to get a definitive answer. Most consultations are free or low-cost, and a good provider will walk you through all your options — not just veneers.

Pre-Treatment Conditions Explained

What needs to happen first — and how long it takes

If your dentist identifies a pre-treatment condition, it does not mean veneers are off the table. It means you have a clear path to get there. Here is what each condition involves and a realistic timeline.

GUM DISEASE

Periodontal Treatment

Deep cleaning (scaling and root planing) followed by a 3-month healing period before veneers can be placed.

Timeline: 3–6 months.

CAVITIES

Decay Treatment

Fillings or crowns placed on affected teeth before veneer prep begins. Minor decay can often be treated in the same visit as records. **Timeline: 2–8 weeks.**

BRUXISM

Night Guard Protocol

A custom night guard is fabricated and worn for 4–8 weeks to confirm the grinding is controlled before veneer prep.

Timeline: 4–8 weeks.

MISALIGNMENT

Orthodontic Pre-Treatment

Clear aligners (Invisalign) or braces to correct severe crowding or bite issues before veneers. Not always required — mild cases can be corrected with veneers alone. **Timeline: 6–18 months.**

Important: Pre-treatment does not mean starting over. Many patients use the pre-treatment period to finalize their smile design, choose their material, and confirm their budget. By the time pre-treatment is complete, the veneer process itself moves quickly — typically 3–4 appointments over 4–6 weeks.

What Happens at Your First Consultation

Walk in prepared — here is exactly what a good cosmetic dentist will do

A thorough cosmetic consultation takes 45–90 minutes. If your dentist rushes through it in 15 minutes, that is a red flag. Here is what a quality consultation looks like step by step.

1

Smile Analysis & Goal Discussion

The dentist asks what you want to change, reviews photos of smiles you like, and discusses realistic outcomes based on your tooth structure and facial proportions.

2

Clinical Examination

Full periodontal charting, X-rays, bite assessment, and enamel evaluation. This is where pre-treatment conditions are identified. A good dentist will explain every finding clearly.

3

Digital Mock-Up or Wax-Up Preview

Many cosmetic dentists offer a digital smile design or physical wax-up so you can preview your result before any tooth preparation begins. Always ask for this — it is a significant red flag if a dentist skips it.

4

Treatment Plan & All-In Cost Estimate

A written estimate that includes the veneer fee, lab fee, temporaries, diagnostic records, and any pre-treatment. Ask for this in writing. Never accept a verbal estimate only.

Red Flag: A dentist who quotes a price without examining you, skips the mock-up, or pressures you to commit at the first appointment is not the right provider for a cosmetic case of this magnitude.

Ready to Get Your Cost Estimate?

Our free 6-step estimator gives you a personalized cost range based on your scope, goals, and location — no phone call required.

[Get My Free Estimate →](#)

[Read the full candidacy guide online →](#)