

How to Make Your Veneers Last **20 Years**

The complete maintenance guide — what to do daily, what to avoid, how long different materials last, and when to go back to your dentist.



Longevity by Material



Daily Care Protocol



What to Avoid



When to See Your Dentist

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WHAT'S INSIDE

- How Long Veneers Actually Last
- What Causes Premature Failure
- Daily Care Protocol
- Foods & Habits to Avoid

How Long Veneers Actually Last

Realistic longevity data by material type — with and without proper maintenance

Veneer lifespan is one of the most misrepresented topics in cosmetic dentistry. Manufacturers quote maximum lifespans under ideal conditions. The real-world range depends heavily on material, maintenance, and the patient's bite habits.

Porcelain (e.max)		15–20+ yrs
Feldspathic Porcelain		12–18 yrs
No-Prep (Lumineers)		10–15 yrs
Composite Resin		5–7 yrs

Daily Care Protocol

What to do every day to protect your investment

✓ Do This Daily

- Brush twice daily with a non-abrasive toothpaste (avoid whitening formulas with baking soda)
- Use a soft-bristle or electric toothbrush
- Floss once daily — use waxed floss or a water flosser
- Rinse with an alcohol-free mouthwash
- Wear your night guard if prescribed

⊘ Avoid These

- Abrasive whitening toothpastes (scratch porcelain surface)
- Biting nails, pens, or hard objects
- Chewing ice or very hard foods (nuts, hard candy)
- Excessive coffee, red wine, or tea (stains composite)
- Skipping your night guard if you grind

What Causes Premature Failure

The top reasons veneers fail before their expected lifespan

Most veneer failures are preventable. The three most common causes are undiagnosed bruxism, poor bonding technique, and patient non-compliance with maintenance. Here is what to watch for.

#1 CAUSE

Unmanaged Bruxism

Grinding exerts up to 250 lbs of force on veneers. Without a night guard, even the strongest porcelain will crack or debond within 3–5 years.

#2 CAUSE

Poor Bonding Technique

Inadequate enamel etching or contamination during bonding creates a weak adhesive layer. This is a provider quality issue — not something the patient can control after the fact.

#3 CAUSE

Gum Recession

As gums recede with age, the margin of the veneer can become visible. Good oral hygiene and regular cleanings significantly slow this process.

#4 CAUSE

Abrasive Products

Whitening toothpastes with baking soda or silica abrasives gradually scratch the porcelain glaze, making veneers more susceptible to staining and surface wear.

When to See Your Dentist

Beyond your regular 6-month cleanings, contact your dentist if you notice: a veneer that feels loose or has shifted, a visible dark line at the gum margin, sensitivity that did not exist before, a chip or crack in the porcelain surface, or any change in your bite.

Ready to Start Your Veneer Journey?

Get a personalized cost estimate in under 3 minutes — based on your scope, goals, and Colorado location.

[Get My Free Estimate →](#)

[Read the full results & longevity guide online →](#)