

What are veneers?

Quick Read Information Sheet v2

Veneers are increasing in popularity here in the UK but what are they? We've put together some information on where veneers come from, what they are made of, and whether they are for you.

What are veneers?

Veneers are essentially like false fingernails for your teeth. They are placed over your existing teeth to change their shape, size or length. A permanent solution for people wanting a full smile makeover.

Where do veneers come from?

Back in the 1980s, veneers were primarily used to restore the health of the tooth rather than for cosmetic reasons. Made out of ceramic, their purpose was to give the tooth more structure and strength if it was cracked. They were much thicker and therefore, required greater tooth preparation beforehand.

Since the 90s, the science evolved making them thinner which allowed dentists to fit the veneers without causing harm to the teeth underneath. Dentists were (and still are) very careful to ensure that fitting veneers does not affect the patient's health and teeth for the future. At that time, it was unsuitable for younger patients to have veneers because of the thickness of the ceramic (0.8mm – 1cm) which meant that the tooth had to be drilled in more.

Luckily, the arrival of E-Max and Lumineer veneers in the UK, approximately 10 years ago, started a trend in cosmetic veneers for younger patients. Their veneers are now 0.5mm and 0.3mm thick respectively. Very thin indeed!

What types of veneers are there?

There are two types of veneers here at Bamboo. Emax veneers are made of high-quality porcelain that can last upwards of 15 years if they are taken care of. Or there are composite veneers which are more affordable, last between 3-5 years but require a lot more maintenance. Both require only minimal preparation to the teeth.

Are veneers for me?

First and most importantly, veneers are an option for people who are getting them for the right reasons. For yourself. Your teeth need to be healthy. As with any veneers treatment, whether it's a full set or not, we would always advise that it is best suited to people who already have straight teeth. The straighter they are, the less preparation is usually needed.

How many veneers do I need?

People often think that, to get a full smile of veneers, you need to put a veneer on each tooth, even the back ones. However, here we only focus on the teeth that show when you smile. Therefore, the majority of our patients have between 6-10 veneers per arch, depending on how wide your smile is. The majority of our patients only have their top teeth; it is possible to have bottom teeth done too.