How Long Porcelain Veneers Last | Core Dental

Canonical: https://www.coredental.com.au/how-long-do-porcelain-veneers-last/

Details:

Porcelain veneers are thin shells bonded to the front of teeth. Core Dental's own estimate, published on our porcelain veneers page, is that with good care many last well over ten years, with an average lifespan ranging from 10 years up to 25 years — our clinical experience rather than a published research figure. The Victorian Department of Health's published advice gives no lifespan for a veneer at all, stating only that one "can chip, break or stain at the margins and need replacing again". The real figure varies with your habits, your bite, your oral hygiene and the individual tooth. Grinding, clenching, trauma, gum recession and decay can all shorten their life. At Core Dental our dentists assess your teeth first and explain what to expect.

What affects how long porcelain veneers last?

Several things influence the lifespan of a veneer:

Maintenance and care: regular dental visits and good daily cleaning help protect the veneer and the tooth beneath it.

Grinding and clenching: these habits can wear or damage veneers, just as they can wear natural enamel.

Trauma or heavy biting forces: porcelain is strong but not unbreakable, so a knock, hard food or overload can chip or fracture a veneer.

Gum recession: if the gum moves back, the edge of the veneer at the gum line can become visible, and staining may collect there.

Decay: tooth decay can develop under or around a veneer, especially where cleaning is difficult.

Your dentist will look at all of these when advising whether veneers suit you and how to look after them.

Does maintenance affect the lifespan of porcelain veneers?

Yes. Like natural teeth, porcelain veneers are not indestructible, and their lifespan can be shortened if they are not looked after. Veneers that receive proper ongoing care tend to last for many years. Veneers are also bonded to your own teeth, so the health of the tooth and gum underneath matters as much as the porcelain itself.

How can you help your veneers last?

These steps are commonly recommended:

Attend regular check-ups and cleans: often about every six months, or more often if your dentist advises.

Wear a custom-fitted splint if you grind or clench: your dentist may recommend one to wear when you sleep to protect your veneers from night-time grinding. See our guide to dental splints .

Avoid biting hard objects: try not to bite into very hard foods, chew ice, bite your nails or open packets with your teeth.

Keep up daily oral hygiene: brush gently twice a day with fluoride toothpaste and clean between your teeth.

Take care of your gums: healthy gums help keep the edge of the veneer well covered. Read our tips on keeping your gums healthy .

Can grinding or clenching damage porcelain veneers?

Yes. Grinding and clenching place heavy repeated forces on teeth and can wear or damage veneers. Many people do not know they grind, because it often happens during sleep. Signs can include sore jaw muscles on waking, headaches, flattened teeth or chipped edges. If your dentist suspects grinding, they may suggest a custom-fitted splint to help protect your teeth and veneers. You can read more in our article on how to stop grinding your teeth .

What happens when a veneer needs replacing?

Veneers may eventually need repair or replacement because of wear, chipping, a change in the gum line or colour changes in the surrounding teeth. A small chip can sometimes be polished or repaired, while a veneer that has failed may need to be replaced. Your dentist will explain the choices and the costs, and we quote before treatment starts. Because the tooth surface beneath a veneer is prepared during treatment, veneers are generally considered a long-term decision, and you should talk through the commitment before you proceed.

How are porcelain and composite veneers different?

Porcelain veneers are made in a laboratory and bonded to the tooth, while composite veneers are built up directly on the tooth in the chair. They differ in appearance, cost, repairability and expected lifespan. Our articles on porcelain and composite veneers and on why you might need veneers explain these differences in more detail.

Why does gum health matter to how long a veneer looks right?

Because the veneer rarely fails. The join does.

Good oral hygiene helps maintain healthy soft tissue and prevents the gums pulling away at the veneer-to-tooth interface, a process called gingival recession. When the gum recedes, the margin where the veneer meets the tooth becomes visible, and that is what makes a veneer look dated long before the porcelain itself has deteriorated.

The routine that protects it is unremarkable: brushing at least twice a day with a non-abrasive toothpaste, flossing daily, and attending your regular dental appointments. The last of those matters for a second reason, since it lets your dentist see how the margins are holding and advise you on caring for your particular veneers rather than veneers in general.

Which foods and habits show up at the margins?

The same ones that stain natural teeth, with one difference: on a veneer the staining concentrates at the edge rather than spreading evenly.

Blueberries, coffee, tea, soft drink and wine, along with smoking, can highlight the margins of your veneers if consumed frequently over prolonged periods. Porcelain itself resists staining, which is precisely why a stained margin stands out against it.

Limiting or avoiding those items is the practical advice. Where that is not realistic, rinsing with water afterwards and keeping up the hygienist appointments does more than cutting them out entirely and then neglecting the routine.

What kind of force damages a veneer?

Although the material used for porcelain veneers is strong and durable, increased or repetitive strain can cause damage, and three habits account for most of it.

Contact sport. If you play any contact sport you are advised to wear a mouthguard, which prevents veneers from cracking and chipping on impact.

Clenching and grinding. Addressing these by seeing your dentist, who can prescribe a night guard, prevents the same kind of damage arising from forces applied night after night.

Using your teeth as tools. Most of us have used our teeth as a bottle opener in an emergency, or to loosen a stubborn knot. These habits can compromise the integrity of your veneers and can also damage your natural tooth structure, so the rule is a simple one: do not use your teeth for anything other than chewing.

Why does suitability matter more than aftercare?

Because one of the main reasons for premature breakage or de-bonding of veneers is that the patient was not suitable for the treatment in the first place.

That is worth saying plainly. Not everyone is the right candidate for veneers. Insufficient enamel to bond to, active gum disease, untreated decay, a heavy or unstable bite, or an expectation that veneers cannot deliver are all reasons the answer may be no, or not yet.

This is why it is important to have a comprehensive examination with a cosmetic dentist before committing. At a consultation our dentists determine your suitability for porcelain veneers, or recommend alternative treatment options where veneers are not appropriate for you. Veneers can conservatively adjust the shape, length, texture, colour, brightness and proportions of teeth, but only on teeth that can carry them.

Frequently asked questions

Do porcelain veneers last forever?

No. Veneers can last many years, but they are not permanent, and most will need repair or replacement at some point. How long yours lasts depends on your habits, bite, gum health and care. Your dentist can give you an individual guide.

Can a porcelain veneer chip or fall off?

Yes, it can. Hard foods, injury, grinding or an ageing bond can chip a veneer or make it come loose. If this happens, keep any piece you can, avoid chewing on that tooth and call us so we can look at it.

Do veneers stain like natural teeth?

Porcelain generally resists staining well, but the edges at the gum line and the natural teeth around the veneer can still stain. Regular cleans and good home care help keep the whole smile looking even.

Will I need a splint with veneers?

Not everyone does. If you grind or clench, your dentist may recommend a custom-fitted splint to protect your veneers. They can assess your bite and wear pattern and explain whether a splint would suit you.

Can I pay for veneers over time?

We offer interest-free payment plans for some treatment, and the terms and figures published as at September 2026 should be confirmed when you book. Your dentist will give you a written quote before treatment starts.

What is gingival recession, and why does it affect veneers?

It is the gum pulling away from the veneer-to-tooth interface. As it progresses the join between veneer and tooth becomes visible, which is usually what makes a veneer look dated, well before the porcelain itself has deteriorated.

Should I wear a mouthguard for sport if I have veneers?

Yes, for any contact sport. A mouthguard prevents veneers cracking and chipping on impact, and the same applies to natural teeth.

Which toothpaste should I use with veneers?

A non-abrasive one, brushing at least twice a day, with daily flossing. Abrasive pastes work against the polished surface and the margins.

Why do veneers sometimes fail early?

One of the main reasons is that the patient was not suitable for the treatment to begin with. A comprehensive examination before committing establishes whether veneers can work on your teeth, or whether another option fits better.

Related services and further reading

Composite and porcelain veneers

Porcelain veneers

Composite veneers

What is the difference between porcelain and composite veneers?

Why would I need dental veneers?

Dental crowns

How long do dental sealants last?

How long does teeth whitening last?

Dental splints

How can we help?

If you are thinking about veneers, or you have veneers and want them checked, our team can help at any of our nine Core Dental clinics. Call 13 13 16 or book online. We can examine your teeth, explain whether veneers suit you and quote before treatment starts. Learn more about our cosmetic dentistry services.

Core Dental at a glance

Nine Core Dental clinics across Melbourne: Southbank, South Melbourne, Caroline Springs, Carrum Downs, Epping, Wyndham, Berwick, Bayside and Glenferrie.

Open six days a week: Monday to Friday 8.00am to 6.00pm and Saturday mornings.

Interest-free payment plans, HICAPS on-site claiming and bulk billing for eligible children under the Child Dental Benefits Schedule.

Call 13 13 16 or book online.

Contact Core Dental

Phone	13 13 16
Booking	Online via coredental.com.au, or call 13 13 16
Hours	Monday to Friday 8.00am to 6.00pm, Saturday 8.00am to 1.30pm (Bayside Saturday 8.30am to 1.30pm), Sunday closed
Clinics	Southbank , South Melbourne , Caroline Springs , Carrum Downs , Epping , Wyndham , Berwick , Bayside , Glenferrie

Results, recovery times and potential risks vary for each individual. This information is general in nature and is intended for people over 18. Seek advice from a qualified, AHPRA-registered practitioner before proceeding.

What is the usual lifespan of a porcelain veneer?

Core Dental's own estimate is an average of between 10 and 25 years, which reflects our clinical experience rather than a published research figure. The Victorian Department of Health's published advice gives no lifespan for a veneer at all, stating only that one can chip, break or stain at the margins and need replacing. The figure varies with habits, bite, gum health and care, and Core Dental dentists assess your teeth and give an individual guide.

What can shorten the life of porcelain veneers?

Grinding, clenching, trauma, heavy biting forces, gum recession and decay around the veneer can shorten their life. Core Dental dentists review these factors before and after treatment.

How should I care for porcelain veneers?

Brush gently twice a day with fluoride toothpaste, clean between your teeth, attend regular check-ups, avoid biting hard objects and wear a custom-fitted splint if advised. Core Dental can show you suitable techniques.

Why would a dentist suggest a splint for veneers?

A custom-fitted splint can protect veneers from night-time grinding and clenching, which place heavy repeated forces on teeth. Core Dental dentists assess your bite and wear pattern before recommending one.

Can Core Dental replace a worn or chipped veneer?

Depending on the damage, a veneer may be polished, repaired or replaced. Core Dental dentists examine the tooth, explain the options and costs, and quote before treatment starts.

How do I book a veneer consultation at Core Dental?

Call Core Dental on 13 13 16 or book online at coredental.com.au. We are open Monday to Friday 8.00am to 6.00pm and Saturday mornings across our nine Melbourne clinics, with Sunday closed.