



truly

Braces
Healing & Aftercare

Our *step-by-step* aftercare *regime* for *braces*.

Congratulations! Thank you for choosing Truly as your oral healthcare partners during this exciting journey to the smile you've always dreamed of!

Our dedicated orthodontics team are aware of the immense trust you have placed in them by taking the wise decision to undergo the most established, evidence and results-based method available to align and reveal a new beautiful, straightened and fully functional smile. With modern, hi-tech improvements to the design and advancement of fixed appliance braces, it is now possible to reliably achieve the same life-changing results that patients love with smaller, more subtle braces and an overall reduced treatment time at any age! Get ready to unleash a new confidence in your daily interactions and avail of the many benefits you can look forward to with your new braces:

The benefits of braces:

- 1 | Correct those problems with your teeth that have caused you grief in the past: crowding, gapped or crooked teeth, or teeth that are out of alignment.
- 2 | Enjoy improved facial aesthetics by balancing and straightening your smile.
- 3 | Improve your bite and chewing function by bringing your teeth into alignment; straighter teeth also make flossing and brushing a breeze, enhancing the impact and effectiveness of your oral hygiene routine.

4 | Boost self-esteem in both your personal and professional life; say goodbye to embarrassment or awkwardness, take pride in your newly straightened teeth and smile with confidence.

5 | Enhance the unique, natural beauty of your smile with a fully personalised orthodontic treatment plan.

A little unsure? *Don't worry, here's* what to expect:

It will take a few days for you to become fully accustomed to wearing your new fixed braces. However, the mouth adapts extremely quickly and so something that may initially feel big and bulky in your mouth will soon become routine and something you cease to notice.

You may feel some slight tenderness and soreness in your teeth when your braces are first placed, and after having them tightened at your regular check-up visits—this is a good sign that the process of straightening your teeth is in motion. Discomfort can be easily taken care of with over-the-counter medication such as ibuprofen, and rest assured the symptoms will resolve in just a few days. Some slight change to speech is normal as your tongue becomes

accustomed to the new appliance affecting the familiar shape and contours of your mouth. This unconscious muscle memory and movement adjusts quickly and any minor speech disturbance will rectify on its own in roughly 48 hours.

How to get *the most* from your braces:

Attending all of your scheduled check-up appointments with your orthodontist here at Truly means that we can ensure your treatment is right on track, and allows us to identify any issues at an early stage before they develop into a problem that could prolong your overall treatment time, or delay you reaching the results you deserve.

Following these aftercare and maintenance instructions carefully will greatly improve the success of your treatment outcomes, and allow you to enjoy the life-changing benefits of your new braces now and for decades to come.

Maintaining your Oral Hygiene

- 1 Maintaining excellent oral hygiene while wearing your braces is vital to ensure the success of your treatment. Food and plaque can easily become trapped in the small spaces between your braces. Poor hygiene puts all your hard work at risk as it makes you more prone to decay, permanent teeth-staining, and gum inflammation—all in turn increasing the chances of you developing a dental infection, which can threaten the health of all of your teeth in the long-run.
- 2 While wearing braces it is essential that you brush your teeth after every meal. You must also either floss or use an inter-dental brush at least once per day.

Your orthodontist or dental hygienist will be happy to demonstrate and teach you easy, effective brushing and flossing techniques at any of your check-up visits should you need.

- 3 The first step in brushing braces is choosing a soft toothbrush that is gentle on the gums, yet strong enough to clean around the metal brackets. Metal braces will also wear your toothbrush out quicker than bare teeth and so you should plan to replace yours every 3 months. Some patients also like to introduce a fluoride mouthwash into their oral hygiene routine to help strengthen and protect their teeth.
- 4 The number one way you can protect your oral health and the appearance of your fresh, bright smile is a commitment to excellent oral hygiene habits, including attending regular 6 monthly dental check-up and scale and polish appointments, to maximise the success of your orthodontic treatment and prevent future damage or wear to your teeth and gums.

Recommended Foods:

- 1 To reduce your risk of developing dental decay you should aim to eat 3 healthy meals per day, limiting snacking and eating a diet that is low in sugar.
- 2 In the initial few days after having your braces placed or adjusted softer foods will be the easiest thing for you to eat. Meals like soup, mashed potatoes, scrambled eggs, pasta, yogurt, soft vegetables or cheeses will keep you nourished and energised.
- 3 Whether a hard or sticky food has become stuck, or as a force of habit or fidgeting, it is very important to avoid 'picking' at the wires of your braces with your fingers. Use your toothbrush or floss instead, and never directly pick at your fixed brace, as this can cause the wires to bend, which over time will allow your teeth to shift out of position.
- 4 You don't need to—and shouldn't!—avoid fruits and vegetables while wearing braces, but make sure to cut up apples, raw carrots and other harder greens first, and cut meat off the bone before eating. Creating more manageable, bite-sized portions for yourself is an important way of keeping your braces safe and in good shape.

How to maintain your *newly straightened, beautiful smile*:

Maintenance of your new smile is a lifelong commitment, and it is imperative that you wear your retainer every night and follow the instructions of your orthodontist, to prevent your teeth from shifting gradually back to their original position.

Once your orthodontic treatment has been completed and your braces have been removed, our team here at Truly will make you a removable retainer.

- 1 You must keep your removable retainer in a designated case when you are not wearing it to avoid accidental loss or damage. Clean it after every wear with cold water and a toothbrush—be careful to avoid hot water as this will distort the retainer.
- 2 Your orthodontist can also discuss with you—and depending on your specific case may recommend—the option of having a fixed retainer placed. A fixed retainer is a wire which is applied invisibly to the back of your teeth, and conveniently does not need to be removed and replaced daily but maintains your new smile in just the same way.

- 3 Once your braces have been removed, some patients at this stage also wish to consider tooth whitening or composite bonding treatment following their orthodontic corrective care—these are largely cosmetic treatments which nevertheless offer real motivation to oral hygiene habits, supporting your holistic wellbeing while optimizing the aesthetic and confidence-lifting benefits of your newly straightened smile. You can talk to your dentist during any check-up visit and we will always be happy to go through all of the options that are available to you.

Don't *worry we've got you covered*:

At any time during your treatment if you notice part of your brace has broken, bent or become loose, you should contact us as soon as possible so we can arrange an appointment to repair your brace and to get you back on track as a matter of urgency. Likewise if you lose or break your removable or fixed retainer at any stage after your orthodontic treatment, you should contact the clinic as soon as possible so we can make you a new one, to keep your smile shining bright long into the future.

Join the club at trulydental.ie and book your mouth a wellness retreat.

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Opening Hours
Mon to Fri 08:00 – 20:00
Sat to Sun 11:00 – 18:00

Telephone (0)1 525 2670
Email info@trulydental.ie