



truly

Composite Bonding
Healing & Aftercare

Our *step-by-step* aftercare guide for *composite bonding*.

Congratulations! Almost no-time at all after your well-judged decision to invest in those finer details that make the biggest impressions, the wait is already over and you're all set to show off your luxurious new and improved smile!

At Truly we use a state-of-the-art, specially formulated composite material to create bright, highly attractive results to rejuvenate any smile. Whether you wanted to repair a moderately cracked or chipped tooth, teeth surfaces that have become discoloured or worn with time, or if you simply knew you were ready to invest in a consistently whiter, brighter smile.

Our highly-skilled dentists pride themselves on the exceptional, meticulous standard of care they provide to every patient who trusts us with their dental concerns, insecurities, and goals, as full partners in their oral healthcare—we will use all of our artistic mastery to sculpt your teeth into your dream smile.

Composite bonding is an extremely safe dental procedure, which conserves all of your natural tooth and in which your original tooth structure is completely protected. Your dentist will not have removed any part of a tooth layer or structure; instead a custom-shaped composite material is strongly bonded to your existing

tooth, leading to an end-result that is both natural and visually stunning. This effective, reliable treatment is inexpensive but carries a weight of diverse and far-reaching benefits.

The benefits of composite bonding:

- 1 | The confidence which comes with a fresh, spotless smile. As any stain, tooth discolouration or signs of aging can be completely masked through the use of attractive, authentic composite resin material, precisely colour-matched to your natural teeth.
- 2 | Teeth elegantly sculpted to their optimal shape to compliment your facial structure.
- 3 | Preserve and maintain the health and strength of your natural tooth structure, while improving the overall function and bite of your target teeth by addressing any wear on the tooth, cosmetic damage or irregular surfaces.
- 4 | Precisely conceal mild, unsightly tooth misalignment, allowing you to avoid lengthy orthodontic options.
- 5 | For those who have recently completed orthodontic treatment, composite bonding is a great way to add artful finishing touches to your smile.

A little unsure? *Don't worry, here's what to expect in the next 48 hours:*

As this is a non-invasive cosmetic treatment, with no need for drilling or removal of any tooth structure your dentist does not need to use local anesthetic. You can eat and drink as normal after your visit today. The new shape and contour of your teeth may feel strange against your tongue for the first 48 hours, after which you will become accustomed to it and cease noticing it. Your dentist will ensure that you are happy with the shape, feel and appearance of your teeth before you leave. If after a few days you feel that your bite is wrong and you can't bring your teeth properly together, contact the clinic to let your dentist know so they can adjust it for you. You may experience some slight inflammation of your gums immediately following your visit. You should continue to brush and floss your teeth as normal at this time, using a toothpaste for sensitive teeth if preferred (such as Sensodyne).

You can use over the counter medication such as Ibuprofen to combat any mild inflammation or sensitivity, and your gums will heal fully in the next few days. We use a dental bonding agent to attach the composite material to your teeth. You may notice some fragments of this material come away from the procedure site into your mouth in the hours after your appointment. These are excess flakes of material and this is completely normal and isn't anything to be concerned about.

How to get the most from your composite bonding, *longterm:*

Maintaining excellent oral hygiene will prolong the lifespan of your composite bonding, in addition to boosting your overall resistance to

tooth and gum disease. It is essential that you brush at least twice per day and floss on a daily basis. Just like your natural teeth structures, your composite bonding are prone to staining over time, and it is best to reduce your consumption of tea, coffee, red wine and food with strong artificial colours.

Your newly restored teeth are particularly susceptible to staining by tobacco products and so you should strongly consider smoking cessation to maintain their shiny, fresh white appearance.

Your dentist will be happy to discuss measures with you to help quit smoking at any time—there are also free Quit Smoking support and resource options which you can access through the HSE. Although very robust, the composite material used in this procedure isn't as strong as your natural tooth structure is. For this reason it is important to avoid biting your nails, or eating very hard or crunchy foods on the side of the treated teeth.

The majority of the population are known to grind their teeth during sleep. This natural, unconscious occurrence places your composite bonding under additional strain. To prevent premature wear and breakage of your bonding you should have a custom-made nightguard fabricated by your dentist. It is important to wear this nightguard every night while you sleep to protect your bonding appearance and function. If you notice any chipping or separation of material from your tooth please do not panic, as this can be simply and painlessly restored, however you should make an appointment to have your dentist correct this as soon as possible. When well and consistently cared for, you should expect your composite bonding to last for 5-6 years. After this time your routine dental check-up may find that your bonding needs to be polished up and have some minor alterations to renew it to its original, pristine condition. Maintain your 6 monthly dental check-ups and scale and polish cleanings to optimize the success of your composite bonding today, and allow us to monitor and remove any stains or discolouration to them, while safeguarding your overall oral health and bright smile.

If you have any questions regarding your *composite bonding treatment* give us a call, we're here to help.

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

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