



truly

Dental Exam with Scale & Polish  
Healing & Aftercare

# Aren't you *glad* you showed us your *teeth* today?

Thank you for choosing Truly as your partners in safeguarding your oral health. By attending today for your dental exam and scale and polish treatment, you have shown that you believe, as we do, that prevention is better than cure when it comes to your present and future wellbeing and quality of life.

You can rest easy knowing that one of our highly skilled and experienced dentists will have identified any risk for future disease and following full discussion with you, as the most important decision-maker in your own healthcare, they will have implemented a preventative plan to prevent your need for longer and more expensive dental treatment in the future. Our team are extremely passionate about duty of care to you and to protecting your health, and today in addition to a full examination for any signs of tooth decay, gum disease or infection, damage or cracking of your teeth, they will also have carried out a comprehensive screening for oral cancer to ensure you are not at risk.

Your scale and polish treatment today is designed in two stages; firstly the removal of all of the stains, plaque and tartar that have built up over time. At Truly we use an ultrasonic scaler for this, a painless instrument used to remove this build up on your teeth which is impossible to remove at home by regular brushing. Then, your teeth were polished to further obliterate

any remaining prominent stains, while also making it harder for plaque to build up on your teeth afterwards. This thorough and meticulous process restores and reveals your bright, fresh smile each and every time. If any signs of active or pre-disease or structural issue were found by your dentist today, they will have gone through with you in full the most highly researched treatment options to date, and will have provided you with a detailed treatment plan suited to your needs. Before you leave today our professional front desk team will schedule you in as soon as possible at a time that suits you for any follow-up treatment your dentist has indicated. Please feel free to contact us if you have any further queries in the meantime regarding your treatment plan.

By attending your all-inclusive dental exam and scale and polish treatment today, you have made a conscious investment into your long-term health. This active commitment to taking care of and pride in your oral health and appearance will have knock-on benefits for your comfort, your peace of mind, and your quality of life.

## The benefits of oral care:

- 1 Healthy gums—Scale and polish treatment is an effective way to completely reverse any early stage gum disease (gingivitis). Following this routine treatment you can expect to have healthy gums which do not bleed after brushing and flossing.

- 2 Removal of plaque in difficult to reach areas, such as the reverse and biting surfaces of back teeth, will reduce your risk of tooth decay and will restore a healthy oral environment.
- 3 Elimination of calculus ('calcified plaque' or 'tartar') and the trapped bacteria which are the most common cause of bad breath, will leave you with fresher, cleaner breath.
- 4 Boost in your confidence and everyday appearance with brighter, whiter teeth after stain removal.
- 5 Empowerment through gaining the knowledge and motivation from a team of highly-trained and non-judgmental dental professionals, to achieve and maintain your optimal oral health and hygiene habits at home.
- 6 Preventative care to avoid large, complex or invasive dental procedures by attending regular check-ups for routine examination and treatment.
- 7 Safeguarding of your overall health and wellbeing—without treatment tooth decay and tooth and gum disease can, in the worst case scenarios, release infection to spread around the body causing serious illness to other bodily systems.
- 8 Peace of mind and a road map through any worry caused by dental anxiety or long-standing problems, but working with your dentist to implement and carry out a plan for timely treatment of any dental disease or concern.

We know that every patient is different, and so are you. Every patient is different, so you will have been given advice tailored exactly to you so you can implement the best oral hygiene techniques to prevent disease and protect your smile.

Still a *little unsure?*  
Don't worry here's  
what to expect after  
your *scale and polish:*

It is normal to experience some sensitivity after your scale and polish. You can use a toothpaste for sensitive teeth (such as Sensodyne) in the days after your cleaning to ease this. After your scale and polish you may notice some minor bleeding in your mouth, presenting as a pink tinge to your saliva. This should stop 30 minutes after the procedure, and avoiding very hot drinks is advised, as the heat can prolong bleeding.

## How to maintain your healthy smile:

- 1 Eat a balanced diet and avoid a high frequency of sugar intake. If you are having something sweet, eat or drink this after a meal rather than snacking over a prolonged period. This will help prevent dental decay, as the more often you ingest sugar the more often you feed the bacteria found in your mouth the substance it needs to create damaging by-products for your teeth and gums.
- 2 Avoid premature staining of your teeth by limiting your intake of highly pigmented foods and coffee, tea and red wine and talking with your dentist or GP about reducing or quitting smoking—all of which are highly associated with tooth discolouration.
- 3 Start today to implement a consistent, effective oral hygiene routine as advised by your dentist or hygienist. Brush your teeth at least twice per day with a fluoridated toothpaste and floss on a daily basis. Spit instead of rinsing your mouth out with water immediately after brushing. Leave 30 minutes after brushing your teeth before eating and drinking.
- 4 Attend your dentist for an exam, scale and polish at 6 monthly intervals (or more frequently to start, dependent on your history and your dentist's advice).
- 5 Ensure you attend your dentist for any further treatment that they have indicated you need in order to prevent tooth pain and further progression of disease, so you can maximise the impact of your appointment today on your overall oral health and bright smile.

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

Join the club at [trulydental.ie](https://trulydental.ie) and book your mouth a wellness retreat.

**truly**

Opening Hours

Mon to Fri 08:00 – 20:00

Sat to Sun 11:00 – 18:00

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