



truly

Invisalign
Healing & Aftercare

Our *step-by-step* aftercare guide for your *aligners*.

Congratulations! By choosing Truly as your healthcare partner on your Invisalign® journey, you have taken a life-changing step along the path that leads to the beautiful smile you have always wanted!

Our team are aware of the immense trust placed in them when you share your treatment goals and hopes with us, and our dedicated dental team will be supporting you at every stage as together we work towards making your vision a reality. In today's fitting for your first Invisalign® aligner set, you have made an investment into your wellbeing, health and happiness that can last for the rest of your life, using the most innovative, discreet and painless teeth-straightening treatment available in modern dentistry.

Your dentist has carried out a full evaluation of your dental history, your smile and individual tooth positioning and any complicating factors, and discussed with you a customised treatment plan involving a step-by-step break-down of the transformation you can expect, using the bespoke aligner sets that were only fabricated to your measurements once you were completely satisfied with your treatment plan. The Invisalign® method and state-of-the-art materials will allow you to achieve optimal results, and in straightening your teeth will provide a host of related rewards to your overall oral health and appearance, all without causing any disruption to your daily life. You can speak, eat and laugh with confidence and no one will even notice you are undergoing a bold, revolutionary treatment!

There are as many benefits to Invisalign® treatment as there are reasons to smile, and now you can look forward to:

- 1 Unlike with older methods, Invisalign® technology has no need for irritating and restrictive wires and brackets, ensuring complete comfort throughout your treatment course and none of the awkwardness or embarrassment of visible braces during any of life's important moments, big or small.
- 2 The perfect ease of placing and removing your own aligners each day—dentist not required! Means that you won't have to cut out any of your favourite foods from your diet, whether hard, crunchy, chewy or sticky.
- 3 A snug fit of your aligners to the unique contours and position of your teeth—you won't have to worry about your aligners slipping or falling out of place.
- 4 Results which the majority of people begin noticing in a matter of weeks from the beginning of Invisalign® use, and a greatly accelerated overall treatment time compared to traditional braces, with some patients seeing the completion of their treatment in as little as 6 months. Regular check-ups with your dentist over the course of your treatment stages means your progress will be constantly monitored, and you will never be in the dark about the rate and pace of your progress.

- 5 A newly straightened smile that will not only enhance the all-natural appearance of your teeth, but also improves their function even as you age provided they are well-cared for—offering improved efficiency when eating due to optimal tooth positioning.
- 6 Correcting 'crowded', and misaligned teeth through gradual straightening greatly eases the practice of consistent, effective oral hygiene. Allowing you to take control of protecting your entire mouth from the harmful plaque, tartar and infection that can lead to halitosis, tooth decay and gum disease, and avoid reparative or invasive dental work in the future.
- 7 A balanced and structurally straight smile impacts not only your bite and jaw structure and positioning, but actually improves your overall facial symmetry and aesthetics, aiding a more youthful, welcoming appearance.
- 8 Heightened confidence in everyday interactions and significant events alike; patients who have had their teeth straightened with Invisalign® report a real boost in self-esteem and greater feelings of self-assurance and respect—investing in such an integral aspect of your first impression not only makes you feel good, but shows the world that you take pride in your appearance.
- 3 When you need to remove your aligner, do so by simultaneously pulling it up and off your back teeth and gently wiggling it forwards
- 4 Aligners should be removed when eating and drinking. This will prevent staining of the aligners and tooth attachments. To fully preserve the life of your aligners and avoid staining, it is also highly recommended not to smoke while wearing Invisalign® aligners.
- 5 Brush your aligners daily with a damp toothbrush—but without toothpaste (as abrasive ingredients contained in toothpastes can be damaging to them). Also avoid the use of hot water when cleaning your aligners, as this will distort their shape.
- 6 Always store your aligners in your Invisalign® box when you're not wearing them. Don't let the horror story of an aligner thrown away in a restaurant napkin while the table is being cleared happen to you. Habitually storing your aligners in their designated box protects them from accidental damage or loss. Likewise, always keep your aligners away from pets—dogs and cats love to chew on used aligners!
- 7 It is essential to maintain excellent oral hygiene during the course of your Invisalign® treatment. Poor or inconsistent dental and gum hygiene will interfere with your course of treatment and slow down tooth alignment. You should brush three times per day and floss daily while you are not wearing your aligners (following mealtimes is generally most convenient). Visiting the hygienist for a professional cleaning every 4–6 months is also advised during the course of your treatment.

How to get the most out of your *Invisalign®* aligners:

- 1 It is vital that you wear your aligners for at least 22 hours a day to achieve maximum results and arrive at the brilliant, transformed smile you've been working for.
- 2 To insert your aligners place carefully over your front teeth and push gently down over your incisors and molars using your finger. The aligner will fit tightly at first, this is intended and perfectly normal.
- 8 The Invisalign® treatment course involves changing to a new set of unique, incrementally straightening aligners every 1–2 weeks, under your dentist's direction. With each new stage of treatment some people will experience mild discomfort or tenderness. This is completely normal and is in fact a sign that the aligners are working. Over the counter pain relief such as Ibuprofen can be used as needed,

as discomfort linked to beginning a new aligner stage typically only lasts 1–3 days.

- 9 Keep and store all of your previous aligners carefully once you are scheduled to move onto a new stage. Once finished with a set, clean them well and store them safely at home, as they can be used as a back-up if you lose or break an aligner.
- 10 If you do misplace or damage your aligners don't panic! You should wear the most-recent previous set which you have kept for emergency use. If you lose an aligner while you are scheduled to change to your next aligner stage within 48 hours, you can begin to wear your new aligner immediately instead.
- 11 If a tooth attachment moves or comes away from your tooth you should contact our clinic as soon as possible so that we can arrange to have it re-attached or replaced for you.
- 12 On rare occasions, aligners may cause a temporary change to your speech. There is no need to be alarmed if you notice this when beginning your first or a subsequent aligner. Your tongue may need to adjust to the altered interior shape of your mouth. This unconscious muscle-movement typically adjusts very quickly, and your tongue will get used to the new aligners within 48 hours, and any minor speech disturbance will be resolved.

- 13 You must attend all check-up appointments scheduled with your dentist regarding your Invisalign® treatment. This allows your team to ensure that your progress is on track and enables us to proactively identify any issues early on so that we can offset and remove any barriers or delays to you achieving the results you deserve.

After completing your Invisalign® treatment course:

It is imperative that you wear your retainer every night after treatment is complete. Please contact our clinic at any point in the future if something should happen to your retainer, as we can create a replacement for you right away.

Some patients at this stage may want to consider tooth whitening or composite bonding after their Invisalign® treatment—these are largely cosmetic treatments which nevertheless offer real motivation to oral hygiene habits, supporting your wellbeing while optimizing the aesthetic and confidence-boosting benefits of your newly straightened smile. You can talk to your dentist during any check-up about all options available to you.

The number one way you can protect your overall oral health and the appearance of your fresh, bright smile is a commitment to maintain your regular 6 monthly dental check-up and scale and polish appointments, to maximise the success of your Invisalign® treatment and prevent any future damage or wear to your teeth and gums.

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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