

Understanding your treatment - Smile Solutions

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Understanding your treatment At Smile Solutions, our priority is ensuring every patient feels fully informed and confident in their treatment decisions. We are committed to providing clear, transparent information about all cosmetic procedures. We believe that fully informed consent is not just a formality, but an essential part of delivering ethical, patient-centred dentistry. The following information highlights potential risks and side effects to help support informed patient consent. Choosing to undergo treatment is an important decision and should be made in consultation with a registered dental practitioner, who will explain the specific risks, benefits, and suitability for your individual needs. Please keep in mind: All dental procedures carry risks. Alternative treatment options may be available. A second opinion from a suitably qualified health practitioner is recommended before proceeding. We encourage you to ask your dentist questions and seek clarification about any proposed treatment.

Understanding your treatment Teeth Whitening (In-Chair and Take Home Trays) At Smile Solutions, we offer both in-chair whitening and custom take-home whitening trays to help brighten your smile. Both options are safe and effective when overseen by a dental professional, but there are important considerations to keep in mind. Sensitivity Tooth and gum sensitivity is common during or after whitening and may range from mild to more noticeable discomfort. Sensitivity usually settles within a few days, but additional care or adjustments to your whitening plan may be recommended if it persists. Results Whitening results vary between individuals depending on factors such as tooth colour, enamel thickness, and lifestyle habits (e.g. coffee, tea, smoking). Not all types of discolouration respond equally well to whitening. In some cases, alternative cosmetic options may be more suitable. For optimal results, we recommend having a professional dental clean approximately two weeks prior to your whitening treatment. Aftercare Following your dentist's aftercare instructions is essential to maintain your results and minimise sensitivity. This may include avoiding certain foods or drinks, using sensitive toothpaste, or scheduling occasional touch-up treatments. Important Considerations All dental procedures carry risks. Whitening may not be suitable for everyone, and your dentist will assess your individual circumstances before treatment. A second opinion from an appropriately qualified health practitioner is recommended before proceeding. Composite Bonding Composite bonding is a cosmetic dental treatment that uses a tooth-coloured resin material to repair chips, close gaps, reshape teeth, or enhance your smile. It is a conservative and minimally invasive option, but as with any dental procedure, there are important considerations to be aware of. Treatment Process Composite resin is

applied directly to the tooth surface, sculpted, and polished to blend with your natural teeth. Treatment is usually completed in a single visit, though multiple teeth or more complex cases may require additional appointments. Bonding does not require significant removal of tooth structure, making it a less invasive alternative to veneers or crowns. Longevity & Risks Composite resin is durable but not as strong as porcelain. It can chip, wear, or stain over time, particularly with habits such as grinding, nail-biting, or smoking. Colour matching is done carefully, but exact results may vary, and future changes in your natural teeth may alter the appearance of the bonded area. Bonding materials may need to be replaced or refreshed every few years to maintain optimal aesthetics. Sensitivity & Oral Health Some patients may experience temporary sensitivity after treatment, which usually settles quickly. Proper oral hygiene and regular dental care are essential to minimise risks such as decay around the bonded area or gum irritation. Limitations Composite bonding is not suitable for every case. In situations involving large fractures, severe wear, or major misalignment, other treatment options (such as crowns, veneers, or orthodontics) may be more appropriate. Your dentist will discuss your specific goals and advise on the most suitable treatment for your needs. Important Considerations All dental procedures carry risks. Alternative treatment options may be available. A consultation with a registered dental practitioner is required to determine suitability, risks, and alternatives. Seeking a second opinion from an appropriately qualified health practitioner is recommended before proceeding.

All-On-4® Dental Implants Traditional dental implants are often used to replace one or several missing teeth, with each implant placed in the space of a lost tooth. By contrast, All-On-4® implants are designed to replace a full arch of upper or lower teeth, typically supported by 4–6 implants. At Smile Solutions, our experienced practitioners carefully plan every case using advanced 3D technology to guide treatment and minimise risks. However, as with any surgical procedure, there are important considerations you should be aware of.

Treatment Process Some changes to your lifestyle, such as ceasing smoking, may be required before treatment. Long-term adjustments to diet or habits may also be recommended to protect your results. Recovery times vary between individuals. Most patients experience swelling, discomfort, or bruising in the first few days, with improvement typically noticed after day four. Healing is usually complete within two weeks, though additional rest and recovery time may be required depending on your response to treatment.

Surgical & Post-Surgical Risks Upper jaw: Implants are placed close to the sinuses, which can carry risks such as sinus involvement or reduced implant stability. Lower jaw: Implants are positioned near nerves that supply the lip, chin, and tongue. Rarely, this may result in altered sensation, which is usually temporary but can occasionally be prolonged. Implant stability can vary. In some cases, a temporary removable denture may be required during healing instead of a fixed bridge. Implant failure is uncommon but possible if an implant does not integrate with the bone. Failed implants need to be removed and, if appropriate, replaced.

Recovery & Aftercare Mild to moderate pain, swelling, and bruising are expected and can usually be managed with prescribed medication. Bleeding for up to 48 hours post-surgery is not uncommon. Most patients can resume light daily activities within 24–48 hours, though strenuous activity and sports should be avoided for up to 10 days. Smoking significantly increases the risk of complications and treatment failure. A soft food diet is recommended during the initial recovery phase. Regular follow-up visits (every 4–6 months) are essential for monitoring and long-term success.

Additional Procedures In some cases, additional surgical steps may be needed to ensure implant stability, such as bone grafting or sinus lifts. These procedures carry their own risks, which your practitioner will discuss with you.

Important Considerations All dental procedures carry risks. Alternative treatment options may be available. We strongly recommend seeking a second opinion from an appropriately qualified health practitioner before proceeding. We encourage patients to ask questions and seek clarification at any stage of their treatment journey.

Invisalign Invisalign treatment is a series of clear plastic removable orthodontic aligners that gently move patients' teeth for optimal bite, function and aesthetics. An orthodontist will be able to advise whether Invisalign treatment is right for you. **ALWAYS FOLLOW THE DIRECTIONS FOR USE.**

Treatment Process The length of treatment depends on case complexity and compliance with aligner wear. Orthodontics is a long-term commitment, and retainers are required afterward to help maintain tooth position. Some minor adjustments to eating habits may be needed, though most patients continue their usual daily activities throughout treatment. Mild discomfort or sensitivity is common when switching to a new aligner but typically settles as you adjust.

Ongoing Care Proper oral hygiene and

care of your appliance are essential to reduce risks such as tooth decay, gum irritation, or enamel changes. Your practitioner will provide a personalised maintenance plan, which may involve additional costs beyond your initial treatment.

Treatment Risks As with almost all medical and dental treatment, orthodontic treatment carries inherent risks, as described below. These can be minimised with cooperation, planning and careful management.

Gum disease and tooth decay All patients undergoing orthodontic treatment must first have a full dental and periodontal assessment carried out by a dental practitioner. Any necessary dental work must be completed before orthodontic treatment begins. The responsibility for maintaining healthy teeth and gums remains with the patient throughout orthodontic treatment. Should you fail to maintain your general dental health we may require you to halt orthodontic treatment until your oral health improves. In order to prevent gum disease, tooth decay and decalcification, we recommend: a thorough home oral hygiene regime professional dental clean every four months general check-ups by your dentist every six months during treatment a diet low in sugar

Tooth root shortening Resorption may occur during treatment and is unpredictable in nature. The majority of resorption cases do not have long-term effects; however, in a minority of cases the long-term prognosis of the teeth may be affected. Patients who have previously had orthodontic treatment are at greater risk of resorption during re-treatment.

Tooth vitality Refers to the health of the nerves within our teeth. Orthodontic movement of teeth can further insult the nerve in teeth previously exposed to trauma or deep fillings, leading to potential loss of vitality and discolouration. Affected teeth may require further dental treatment, such as root canal therapy and aesthetic general dental work to treat discolouration.

Relapse and growth changes Teeth will continue to move with age, even in patients who have not had orthodontic treatment. Retainers prevent this natural ongoing movement. If you do not wear your retainers as instructed, you can expect your teeth to move. This ongoing movement is outside our responsibility and may necessitate re-treatment at an additional cost. The re-treatment fee will be determined by the amount of movement involved and how long the braces or removable plates are in place. Your treatment will be proposed by your orthodontist and you will be fully informed of any costs.

Jaw growth Which is considered atypical, either in terms of direction or extent, may change the course or length of treatment. Further growth after the conclusion of treatment may alter the final result. Despite every effort by the treating orthodontist, this growth cannot always be predicted and a recommendation may be made for re-treatment and/or surgery.

Wisdom Teeth Any impacted wisdom teeth that remain after orthodontic treatment may affect the stability of the outcome achieved by your orthodontist. In order to help prevent unwanted movement of your teeth and other problems associated with malpositioned wisdom teeth, we strongly recommend that you discuss this risk with your orthodontist. Where necessary, your orthodontist may refer you to an oral & maxillofacial surgeon to discuss options for management of your wisdom teeth. If you choose not to have an assessment with an oral & maxillofacial surgeon and do not undergo any recommended treatment, your newly aligned teeth may move.

Bone and gum loss The health of the bone and gums ("periodontal health") should be assessed by a general dentist or specialist periodontist before orthodontic treatment begins. This is the responsibility of the patient. Further progression of periodontal disease can occur if the patient does not maintain excellent oral hygiene and remain under the close care of a general dentist or specialist periodontist.

Temporomandibular joint (TMJ) symptoms During treatment, patients may develop problems with the jaw, either in terms of pain or function. This can be difficult to predict and may have occurred regardless of orthodontic treatment. Any relationship between orthodontic treatment and temporomandibular dysfunction is tenuous. If any jaw pain does develop patients must advise their treating orthodontist. In some circumstances changes to the treatment plan may be necessary. Typical scenarios include: Ankylosis – If teeth are fused to bone ("ankylosed") and thus unable to be moved, an alternative approach will need to be considered

Therapeutic extractions – Individuals' biological response to orthodontic treatment varies. In some cases extraction of teeth may be required partway through the treatment in order to obtain the best aesthetic and functional outcome. If extraction was not part of the initial treatment plan, the treating orthodontist will discuss these changes with the patient.

Treatment time – Treatment time may vary according to the response of the teeth and jaws to treatment, and depending on patient compliance.

Treatment Considerations Inconsistent wear, missed appointments, or pre-existing dental factors can extend treatment time or affect results. In more complex cases, additional procedures (e.g. attachments, elastics, minor tooth

recontouring, or other orthodontic devices) may be required to achieve the desired outcome. Existing dental conditions, medical issues, or medications may also influence treatment progress and results.

Functional Adjustments Some patients may experience temporary changes in bite, speech, salivation, or minor irritation to gums, cheeks, or lips. These effects are usually short-lived and improve as you adapt to your aligners.

Retention & Stability Teeth may naturally shift over time. Consistent retainer wear is essential for maintaining results.

Surgical & Pre-Existing Conditions In some cases, oral surgery may be recommended to correct crowding or severe jaw discrepancies. Teeth that have been previously traumatised or heavily restored may respond differently and, in rare cases, require additional treatment. Your Smile Solutions practitioner will discuss all relevant risks, benefits, and alternatives with you, and provide personalised guidance to ensure you make a fully informed decision about your care.

Porcelain Veneers Custom hand crafted veneers are a thin sheet of porcelain used to alter the aesthetics of the tooth in both colour and shape. **ALWAYS FOLLOW THE DIRECTIONS FOR USE.**

Treatment Process Most treatments are completed over 2 – 6 visits, depending on complexity. Patients can usually continue normal daily activities throughout treatment. In some cases, short rest or recovery time may be required. Recovery Healing and recovery times vary between individuals. Generally, full recovery and settling occur within two weeks.

Ongoing Care Maintenance is essential to the long-term success of your restoration. Your practitioner will provide a personalised care plan. Additional maintenance costs may apply beyond your initial treatment plan.

Undergoing porcelain veneers treatment carries risks and have information that you need to understand prior to undergoing treatment:

Sensitivity: All measures will be taken to minimise sensitivity throughout treatment, however some patients may experience temporary dental sensitivity which usually subsides within a few days or weeks of veneer cementation.

Nerve Complications: Sometimes the nerve of the tooth may respond poorly to the veneer preparation. This can occur during or after the treatment, with the nerve potentially requiring root canal treatment. This is most common in teeth with fractures, large fillings or history of trauma, however can also occur spontaneously in rare cases.

Preparation Appointment: Preparing teeth for veneers often requires removing a thin layer of enamel, which cannot be replaced naturally. Some patients may experience temporary or ongoing sensitivity to temperature or pressure after treatment. In some cases, additional care may be needed.

Temporary Restorations (does not apply to Same Day Porcelain Veneer patients) Our Master Ceramists will take up to two weeks to fabricate veneers to ensure a satisfactory result. So that you can smile and chew during this time, your dentist will place plastic temporary veneers on your teeth. This phase will allow you to assess the length, shape and size of the proposed porcelain veneers prior to cementing the final veneers. These temporary veneers do not possess the strength and texture of porcelain and therefore may be prone to chipping and staining. Should you have an issue with your temporary veneers, please contact the practice as soon as possible for repair.

Permanent Cementation: On the day of your porcelain veneers insertion, your dentist will temporarily cement your new veneers to your teeth for review. This will allow you to assess the shape, colour and size of the final veneers and request for any changes. It is important to advise your dentist of any concerns you may have at this point and ensure that you consent to permanent cementation only if you are happy with the result. Once you have consented for your dentist to cement the veneers, your dentist will permanently adhere the porcelain in place. Once cemented, it is no longer possible to alter the veneers. Any changes after consent for cementation has been given will attract a fee.

Chipping Of Porcelain Veneers: Porcelain veneers are one of the strongest aesthetic materials used in cosmetic dentistry, however extreme hard forces may result in chipping or fracture. Your dentist will recommend a custom-fit occlusal splint/night guard which is worn at night to protect your veneers from night-time clenching and grinding forces. You will need to wear this splint at nights while sleeping to avoid premature damage of your veneers. It is very important that you avoid putting unnecessary stresses on the veneers in order to enhance their longevity. For example, avoid opening packets or bottles with your teeth, and also refrain from biting/chewing hard things such as fingernails, ice and hard candy.

Life Expectancy of Veneers Veneers are expected to last at least ten years, with many cases enjoying greater longevity. Longevity will be severely affected should a careful maintenance regime not be followed, being:

- Check up and clean every six months (or more frequently if recommended by your treating dentist)
- Nightly use of a splint every time you sleep.
- Avoidance of biting into hard foods and chewing nails with your veneers.

Should you fail to observe the above, your

veneers may fail prematurely, and carry a fee for repair or replacement. Type of Practitioner Porcelain veneers can be carried out by both General Dentists and Specialist Prosthodontists. The latter has a formal post-graduate qualification in dental restorations and the bite (occlusion) . The former has normally undertaken substantial additional training in cosmetic dentistry, in addition to a general dental degree. Please be aware that you will be seeing a General Dentist for your veneer treatment. Should you prefer to be referred to a Specialist Prosthodontist, please advise prior to treatment so that this can be arranged. In uncommon cases, patients may experience a reaction to local anaesthetic or dental materials. Please advise us of any allergies, medical conditions, or medications before treatment.

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