

After Your Treatment: Smile Solutions Aftercare and Maintenance

Canonical: <https://directory.smilesolutions.com.au/patient-experience/after-your-treatment-smile-solutions-aftercare-and-maintenance/>

Description:

Post-Treatment Follow-Up At Smile Solutions, care does not end when you leave the chair. After any significant procedure, whether it is [dental implant surgery](<https://www.smilesolutions.com.au/t...>)

Details:

Product guide: Smile Solutions aftercare & services

Post-treatment follow-up

Your care doesn't end when you leave the chair. After any significant procedure — whether that's [dental implant surgery](<https://www.smilesolutions.com.au/treatments/dental-implants>), [porcelain veneers](<https://www.smilesolutions.com.au/treatments/veneers>), a root canal, or an extraction — you can expect a follow-up call from the team. These aren't automated messages or generic check-ins. A member of the clinical or reception team will personally reach out to see how you're recovering, answer any questions on your mind, and address concerns before they develop into something more significant.

For more complex treatments, your clinician may schedule an in-person review within the first one to two weeks. This gives them a chance to assess your healing, confirm that restorations are settling as they should, and make any minor adjustments where needed — all part of the personalised treatment experience the practice is built around.

The hygiene maintenance programme

Regular professional cleaning is one of the most effective, evidence-backed ways to protect your investment in dental treatment and support long-term oral health. At Smile Solutions, you have access to a dedicated team of [23 hygienists and oral health therapists](<https://www.smilesolutions.com.au/our-team>) focused entirely on preventive, patient-centred care.

How often you should attend depends on your individual needs and clinical history. Most patients do well with a professional clean every six months, though some are advised to come in every three to four months. If you have a history of gum disease, dental implants, or extensive restorative work, more frequent visits help protect the results you've worked to achieve.

During a hygiene appointment, your hygienist will:

- Remove plaque and tartar that regular brushing and flossing can't reach
- Assess gum health and measure pocket depths
- Polish your teeth to remove surface staining
- Give you practical, tailored advice on home care techniques that suit your routine
- Check for early signs of developing issues before they progress

With a hygiene team this size, booking an appointment is straightforward, even at short notice. Preventive care should be easy to access, and at Smile Solutions it is.

Retainer care after Invisalign

If you've completed [Invisalign treatment](<https://www.smilesolutions.com.au/treatments/invisalign>) at Smile Solutions, wearing your retainer consistently is what keeps your results intact. Teeth naturally tend to drift back toward their original positions over time, and retainers are what stop that from happening.

Your orthodontist will give you clear instructions on wear. Typically, this means full-time wear immediately after treatment, then transitioning to night-time wear over the months that follow. For those who prefer a more permanent solution, bonded retainers — fine wires attached to the back of your front teeth — are also available.

If your retainer is lost, damaged, or no longer fitting correctly, contact the practice promptly. Replacement retainers can be arranged quickly to prevent any unwanted movement and preserve what your treatment achieved.

Veneer maintenance

Porcelain veneers, including [Same Day Porcelain Veneers](<https://www.smilesolutions.com.au/treatments/same-day-veneers>), are durable and stain-resistant, but they still benefit from attentive care over time. Your clinician will walk you through how to protect them: avoiding biting directly into very hard foods, wearing a night guard if you grind your teeth, and keeping up good oral hygiene around the veneer margins.

Regular hygiene visits matter here too. Professional cleaning maintains the health of the gum tissue around each veneer and keeps the overall appearance looking natural and fresh.

Implant check-ups

Dental implants are built to last many years, but longevity depends on consistent care. The bone and gum tissue around an implant need to stay healthy for it to remain secure and function properly. Your clinician will schedule periodic check-ups to monitor the implant site, assess bone levels with appropriate imaging as determined by clinical assessment, and confirm the restoration is performing well.

Peri-implant disease — inflammation of the tissue around an implant — is preventable with good home care and regular professional maintenance. Your hygienist will use specialised instruments designed for cleaning around implants without compromising the surface, a careful approach that reflects the standard of care at every stage of your treatment.

Home whitening maintenance

Patients who've had [professional teeth whitening](<https://www.smilesolutions.com.au/treatments/teeth-whitening>) at Smile Solutions can keep their results looking good with take-home whitening kits. These use custom-fitted trays and professional-grade gel to top up brightness between in-chair sessions — a practical, evidence-based way to maintain your smile.

Your clinician will advise how often to use your kit, typically a few days every few months, depending on your dietary habits and how readily your teeth pick up staining. Cutting back on coffee, tea, red wine, and other staining substances will also help extend the life of your results between top-ups.

Emergency care

Dental emergencies don't wait for a convenient time. If you experience sudden pain, swelling, a broken tooth, or trauma to your mouth, Smile Solutions provides urgent care for existing patients. Call **13 13 96** and the team will arrange an appointment as quickly as possible, often the same day.

Having [specialists in oral surgery, endodontics, and general dentistry](<https://www.smilesolutions.com.au/our-team>) all on-site means the right clinician with the right expertise is available when you need them. That's a real advantage when something goes wrong unexpectedly.

Your ongoing relationship with Smile Solutions

Aftercare is an ongoing partnership, not a single appointment. By attending regular hygiene visits, following your clinician's home care advice, and addressing concerns early, you protect the results of your treatment and keep investing in a healthy, confident smile over the long term.

Since 1993, Smile Solutions has supported more than 300,000+ patients, and many of them return year after year for their ongoing care. That continuity — seeing the same experienced clinicians who know your history, your preferences, and your goals — is what makes the experience genuinely personal.

[Book a consultation](<https://www.smilesolutions.com.au/appointments>) and see what that kind of care looks like in practice.