

mia Aligners

Clear Aligner Treatment – Frequently Asked Questions

1. What are clear aligners?

Clear aligners are a series of custom-made, transparent trays that gently and gradually move your teeth into their ideal position. They are a discreet alternative to traditional braces, offering a comfortable and removable solution for straightening your smile.

2. How do clear aligners work?

Your aligners are created from a 3D digital scan of your teeth. Each set is worn for approximately 1–2 weeks, applying gentle pressure to move your teeth step-by-step until the desired alignment is achieved.

3. How long will my treatment take?

Treatment time varies depending on your individual needs. Most cases take between 6 and 18 months. Your dentist will provide a personalized treatment plan and estimated timeline.

4. How many hours per day should I wear my aligners?

For the best results, aligners must be worn **22–23 hours per day**, removing them only for eating, drinking anything other than water, brushing, and flossing.

5. Will aligners affect my speech?

You may notice a slight lisp during the first few days as your mouth adjusts. This is temporary, and most patients adapt very quickly.

6. Are clear aligners painful?

You may feel mild pressure or tenderness when changing to a new set. This is a normal sign that your aligners are working. Any discomfort typically subsides within a day or two.

7. Can I eat and drink with my aligners in?

You should remove your aligners before eating or drinking anything other than water. This prevents staining, warping, and damage to the trays.

8. How do I clean my aligners?

Rinse them under lukewarm water and gently brush with a soft toothbrush. Avoid hot water, as it may distort the aligners. Your dentist may recommend professional cleaning crystals or solutions.

9. How often will I need to visit the practice?

Most patients have check-ups every 6–8 weeks to monitor progress and collect their next sets of aligners. Some cases may require more frequent reviews.

10. Will I need retainers after treatment?

Yes. Retainers are essential to maintain your new smile and prevent teeth from shifting back. Your dentist will provide customised retainers and guidance on wear time.

11. Are clear aligners suitable for everyone?

Clear aligners are effective for many mild to moderate orthodontic concerns, including crowding, gaps, and certain bite issues. Severe or complex cases may require alternative treatment. Your dentist will determine if you are a suitable candidate.

12. How much do clear aligners cost?

The cost depends on the complexity and duration of your case. We will provide a detailed quote after your consultation, including available payment plans to make treatment more affordable.

13. What happens if I lose or break an aligner?

Contact the practice immediately. Depending on your stage of treatment, you may need to wear the previous set, move to the next set, or have a replacement made.

14. Can teenagers have clear aligners?

Yes. Many teens are excellent candidates, provided they can commit to wearing the aligners as instructed. Special aligner systems for teens are available with built-in wear indicators.