

POND SQUARE DENTAL

INFORMATIONAL LEAFLETS

WHAT ARE CLEAR ALIGNERS?

Clear aligners are removable dental devices made from transparent plastic. They are designed to gradually shift teeth into better alignment, helping to straighten them over time.

When Can They Be Used?

Clear aligners are used to correct misaligned teeth and improve bite function. However, they may not be suitable for every case. A consultation with an orthodontist will determine whether they are the right option for you.

How Do Clear Aligners Work?

An orthodontist collaborates with a laboratory to digitally plan the movement of your teeth. A series of custom-made aligners are then produced, each one slightly adjusting the teeth. These aligners are changed every 1-2 weeks to guide the teeth into their ideal position gradually.

What Are the Risks of Using Clear Aligners?

Like traditional braces, clear aligners come with some risks, including temporary discomfort, gum irritation, and the possibility that teeth may shift back if retainers are not worn after treatment. In some cases, slight root shortening may occur, and poor oral hygiene during treatment can increase the risk of tooth decay. If you have any concerns, discuss them with your orthodontist.

Will I Need Teeth Removed?

In cases of severe crowding, tooth extractions may be necessary to create enough space for alignment. However, if only a small adjustment is needed, a procedure called interproximal reduction (filing down the sides of certain teeth) can be used instead. Most patients do not require extractions or filing.

How Often Should I Wear My Aligners?

Aligners should be worn for at least 22 hours a day, only removing them when eating, drinking anything other than water, or brushing your teeth.

How Frequently Will I Need to See My Orthodontist?

Regular check-ups are usually scheduled every 6-12 weeks to monitor progress and make any necessary adjustments.

LOVE YOUR SMILE

Pond Square Dental, 26 Highgate High Street, Highgate, London N6 5JG.

020 8348 9995 | info@pondsquare dental.co.uk | pondsquare dental.co.uk

POND SQUARE DENTAL

INFORMATIONAL LEAFLETS

Are Clear Aligners Uncomfortable?

It is normal to experience mild discomfort when wearing a new aligner for the first few days. This is due to the gentle pressure applied to move the teeth. The discomfort usually subsides as your mouth adjusts.

Will Wearing Aligners Affect My Speech?

Some people notice slight changes in their speech when they first start using aligners. This is usually temporary and resolves within a few days.

Are Clear Aligners Noticeable?

Since they are made of transparent plastic with no metal components, clear aligners are discreet. However, some cases may require attachments or elastics, which could be slightly more visible. Attachments are small, tooth-colored additions that help guide tooth movement.

How Should I Clean My Aligners?

Before reinserting your aligners, it is essential to brush your teeth after meals. Aligners can be cleaned using cold water, a toothbrush, and liquid soap. Special cleaning tablets are also available for additional hygiene maintenance.

How Long Does Treatment Take?

The duration of treatment varies based on individual needs. On average, it can take anywhere from 6 to 24 months, though some cases may require more time. Failing to wear aligners as instructed can extend the treatment period.

What Happens After Treatment?

Once treatment is complete, you will need to wear retainers to maintain your results. Retainers should be worn long-term to prevent teeth from shifting back to their original positions. Your orthodontist will provide guidance on retainer use.

Are There Alternatives to Clear Aligners?

If aligners are not a suitable option, other orthodontic treatments may be available. Fixed braces, which are attached to the teeth, might be more effective for complex cases. Lingual braces, which are placed on the inside of the teeth for a more discreet appearance, may also be an option through private treatment.

LOVE YOUR SMILE

Pond Square Dental, 26 Highgate High Street, Highgate, London N6 5JG.

020 8348 9995 | info@pondsquareddental.co.uk | pondsquareddental.co.uk