

Clear Aligner Treatment Frequently Asked Questions

Are clear aligners suitable for my teeth?

We will be able to tell you this via a check-up + cosmetic consultation appointment. These are available to book online 24 hours a day. Your dentist will also provide you with suitable alternative treatments you may wish to consider. You will receive a bespoke treatment plan to achieve your treatment aims. Our dedicated treatment coordinator will be available to answer any further questions you may have prior to commencing treatment.

Are there any payment options for my aligner treatment?

We offer clear aligners at a very competitive price for our patients, but we also offer 0% finance for up to twelve months. This is provided by Tabeo and can be discussed with your dentist. Further information is available on the Prices & 0% Finance page of our website.

What are aligners?

Aligners are custom made, clear appliances that sit over your teeth, gradually moving them to the desired position. They are comfortable and should not irritate your mouth at all. As they are transparent, no one will know you are wearing them. They are latex and gluten free and are used to avoid unsightly brackets and wires being placed on your teeth.

Will I be able to see how straight my teeth will be before starting treatment?

Once we have taken a digital scan of your teeth, we can use our state-of-the-art technology to demonstrate the tooth movements planned to deliver your perfect smile.

There are different categories of Clear Correct on your price list, what do these mean and how will I know which one I will need?

The categories (Clear Correct Express, Lite, Medium, and Full) are based on the amount of straightening your teeth require. Express is for the least severe cases, and Full is for the most severe cases. Once we have taken a scan of your teeth, the technology used to demonstrate the planned tooth movements will also inform us which category you will need to achieve the desired results.

How do aligners work?

Aligners work by gently applying a carefully calculated pressure to your teeth and gradually moving them to the desired position. You will be given a series of aligners and will usually wear each one for 2 weeks.

Are there any hidden costs associated with my treatment?

No. Before you start your treatment, we will make you aware of all costs.

Do I wear my aligners all day?

We recommend aligners be worn for at least 20-22 hours per day. As they fit so tightly, you are usually able to sleep with the aligners in place. We recommend you remove the aligners when you eat and brush your teeth.



Will my speech be affected by aligners?

As with any appliance fitted in your mouth it may take a day or two for your speech to adjust to the aligners, this is usually a slight lisp. Once you have become accustomed to your aligners, any new aligners should be well tolerated.

Can I eat and drink normally with my aligners in place?

Drinking is fine with your aligners in place, however depending on what you eat, you may damage your aligners whilst chewing. We would recommend that you take your aligner out whilst you have your meal but remember to place it in the aligner container we have given you so that the aligner is not lost or damaged. We recommend you do not chew gum whilst your aligners are in place.

I am a smoker, is that a problem?

We would recommend you do not smoke when you are wearing aligners. Smoking inflames your gums and it is not advisable to have smoke trapped under your aligner. Also, your teeth may stain more quickly.

Will wearing aligners affect my daily life?

No. Aligners are well fitting discreet appliances, and no one will know you are wearing them.

Will I be in pain wearing the aligners?

Occasionally your teeth may feel a little tender or sensitive as they start to move but this usually subsides quickly and you will be pain free. If you are concerned you can contact the practice for advice.

Will my teeth be monitored throughout the treatment?

When we give you your aligners you will also be given a 'Scan Box' to take home. This allows you to take advantage of our remote treatment monitoring. We will show you how to use this technology, and we can then monitor your treatment at regular intervals from the comfort of your own home, or anywhere in the world. We will be able to confirm when to change aligners or when we need you to come into the practice and see us for any adjustments or a new series of aligners.

What happens if I stop wearing my aligners for a period of time?

If you do not wear your aligners as prescribed by your dentist then your teeth may relapse, and this will mean going back to an earlier aligner. This will extend the treatment time to straighten your teeth and will increase the cost if further aligners are required. Please remember your aligners if you go on holiday. If you damage or lose an aligner you must advise your dentist as soon as possible so we can get a new one made for you. There will be a charge for this.

What happens if I lose or damage an aligner?

If you happen to lose or damage an aligner, we can easily make you a new one, for which there will be an additional charge.

How do I clean my aligners?

We recommend that when you brush your teeth you also gently brush your aligners at the same time. Please ensure the water is not too hot as this will distort your aligner.

Can I have aligners if I have a dental implant or bridgework?

Once we have assessed your case fully, it may be possible to make your own teeth straighter with aligners, however it will not be possible to move dental implants as they are embedded in your bone, nor will it be possible to move bridgework as they are usually attached to more than one tooth.



HAMPTON DENTAL CARE

What if I have spaces or teeth missing?

This would be dealt with at your assessment. Multiple or large spaces are often better treated with fixed orthodontic appliances instead of aligners and we will advise you of this before you start your journey with us.

How long does aligner treatment take?

Every case is different and, depending on the complexity of the movements, we would expect your new smile to be completed in 4-8 months.

Can I get aligners for either my upper or lower teeth separately?

Occasionally we may be able to straighten one arch of teeth for you but, usually, to move teeth in one arch requires us to move the opposing teeth at the same time to prevent trauma and damage after treatment is complete.

Am I able to stop my treatment if I am happy with the result?

You may well wear your aligners for a period and decide you are happy with your smile without wearing all the aligners we have given you. This is entirely up to you, but we would then ask you to return to be provided with your retainer.

How do I stop my teeth from moving again after my treatment is finished?

Once you are satisfied with your new smile, we will provide you with a retainer to wear. Retention is a long-term commitment, and you will probably have to have a new retainer made periodically due to wear and tear. There will be an additional charge for this.