

# ALIGNERS ?

- ✓ Aligners are clear plastic trays used to straighten teeth.
- ✓ They are almost invisible, so most people don't notice them.
- ✓ You can **remove them while eating and brushing**, making hygiene easier.
- ✓ You need to **wear them for 20–22 hours a day** for best results.
- ✓ New aligner trays are given **every 10–14 days** to slowly move the teeth.
- ✓ **No wires or brackets** like traditional braces.
- ✓ **Treatment time varies, but usually lasts 6 months to 2 years.**
- ✓ **Aligners are custom-made for each person using digital scans.**

