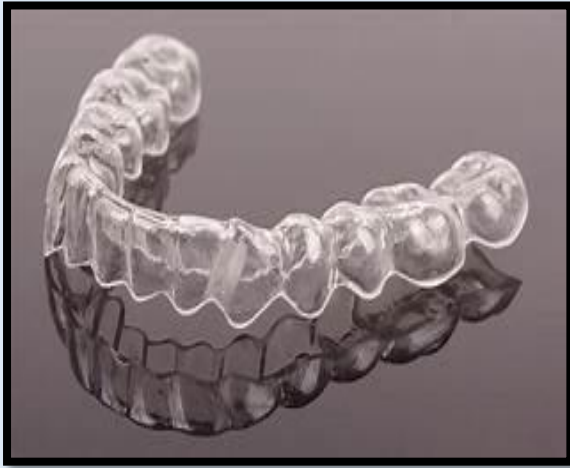


# ALIGNERS



- 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.