



Aligners Guide – Essential Points

Welcome to your comprehensive guide to orthodontic aligners from **Srinivasa Multispecialty Dental Hospital**. Understanding these essential points will help you make informed decisions about your smile transformation journey and ensure the best possible results from your aligner treatment.




1. Digital 3D Scanning

Always start with digital 3D scan (iTero) for precise treatment planning and accurate tooth measurements.



2. Essential X-rays

OPG & Ceph X-rays are essential before planning to assess bone structure and tooth positioning.



3. Full Analysis Required

Never start aligners without a full orthodontic analysis to ensure comprehensive treatment planning.

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All aligners are NOT the same – materials matter

02

ClinCheck/3D plan decides 80% of your results

03

Tooth movement happens through biology, not magic

04

AI + orthodontist = most predictable results

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8. Precision Attachments

Precision attachments give better control over tooth movement and improve treatment outcomes.

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9. Safe IPR Procedure

IPR is safe when done properly by qualified professionals using appropriate techniques.

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10. Beware False Claims

Don't trust "no attachments no IPR" ads — proper treatment often requires these techniques.

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1. Avoid mail-order or DIY aligners

Professional supervision is essential for safe and effective treatment.

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2. Treatment time varies per case

Each patient's needs are unique and require customized treatment duration.

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3. Aligners only work when worn 20–22 hrs/day

Consistent wear time is critical for achieving desired results on schedule.

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4. Simple cases ≠ cheap cases

Even straightforward treatments require professional expertise and quality materials.

15. Refinements Are Normal

Refinements are normal — not a failure. They ensure optimal final results.

16. Speech Adjustment

Speech settles in 48 hours as you adapt to wearing your aligners.

17. Normal Pressure

Initial pressure is normal = tooth movement is happening as planned.

18. Easy Hygiene

Hygiene is easier with aligners compared to traditional braces.

Making the Right Choice for Your Smile

Choosing the right aligner treatment and provider is crucial for achieving your dream smile. These remaining essential points will guide you through selecting qualified professionals, understanding treatment expectations, and ensuring long-term success with proper aftercare and retention protocols.

19. Lost Aligner Protocol

Lost aligner? Inform your doctor immediately to prevent treatment delays and maintain progress.

20. Experience Matters

Clinical experience > low price. Expertise ensures better outcomes and fewer complications.

21. Specialist Knowledge

Non-orthodontists may miss skeletal issues that affect treatment planning and results.

22. Lifelong Retainers

Retainers are lifelong — smile stays safe with proper retention protocols.

24. Case Experience

Ask how many aligner cases they have completed for proven track record.

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23. Check Qualifications

Ask for the doctor's orthodontic qualification to ensure proper expertise.

25. Real Results

Check real patient before-after cases to verify treatment capabilities.



26. Treatment Design

Ask who designs your treatment — doctor or lab? Doctor-designed plans ensure personalized care and clinical oversight.



27. Advanced Technology

Choose a clinic with CBCT/iTero advanced technology for superior diagnostics and treatment planning accuracy.



28. Avoid Express Claims

Avoid clinics offering "express aligners" for everyone — proper treatment cannot be rushed without compromising results.

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29. Quality Investment

Cheaper aligners = less predictable results. Invest in quality for lasting outcomes.

30. Regular Follow-ups

Follow-up appointments are IMPORTANT for monitoring progress and adjustments.

31. Long-term Support

Choose long-term support + retainer plan for sustained smile maintenance.

32. Transparent Pricing

Look for transparent pricing with no hidden costs. Clear financial communication builds trust and prevents surprises during treatment.

33. Education Over Discounts

Trust the doctor who educates you — not the one who discounts. Quality care and patient education demonstrate commitment to your best interests.

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