LUSSO DENTAL

Clear Aligners

Questions and Answers

LUSSO DENTAL · WEST BYFLEET

54 Station Approach, West Byfleet, Surrey KT14 6NE · lusso.dental

FREQUENTLY ASKED QUESTIONS

Clear Aligners: your questions answered

Clear aligners are a series of thin, removable plastic trays that gradually move your teeth into a planned position. They must be worn for 20 to 22 hours a day, and retainers are needed for life to keep the result.

FREQUENTLY ASKED QUESTIONS

Your questions answered

How long does treatment take?

It depends on how much your teeth need to move. Simple cases can take a few months and more complex ones a year or more. Refinements can add time.

Do I really need to wear them 22 hours a day?

Yes. Aligners need to be worn 20 to 22 hours a day to move teeth as planned. Wearing them less is a common reason for disappointing results.

What are attachments?

Attachments are small tooth coloured bumps bonded to some teeth. They help the aligners grip and move teeth more accurately and are removed at the end.

What is IPR?

Interproximal reduction is the gentle polishing of a very small amount of enamel between teeth to create space. It is carefully measured and planned.

Will my teeth move back?

Teeth naturally tend to move throughout life. Wearing retainers as instructed, usually every night, for life is the only way to keep the result.

What is remote monitoring?

You take scans or photos of your teeth with your phone so we can check progress between visits. It does not replace your in person reviews.

Why might I be referred to a specialist?

Some bite problems are better treated by a specialist orthodontist. We will refer you if your case is more complex or not progressing as planned.

Does it hurt?

Most people feel pressure or aching for a day or two with each new aligner. This usually settles quickly.

Can I drink coffee with aligners in?

Only plain water should be drunk with aligners in. Other drinks can stain aligners and trap sugar or acid against your teeth.

IMAGES, VIDEOS AND FURTHER READING

See it for yourself

Before and after photographs of Dr Kal's own work are in our smile gallery, and treatment videos are on our YouTube channel. These independent sources are also a good place to read more.

LUSSO clear aligners	Our page on clear aligner treatment and fees.
LUSSO smile gallery	Before and after images of aligner cases.
British Orthodontic Society: clear aligners	Independent advice on clear aligners and what to ask before starting.
British Orthodontic Society: brace types	Compares fixed braces, clear aligners and other options for adults, with images.
NHS: braces	NHS guide to orthodontic treatment and retainers.

Need us? Call 01932 507650 or WhatsApp 07835 798 611 in opening hours, or email hello@lusso.dental. Out of hours, call **NHS 111**. If you have difficulty breathing or swallowing, heavy bleeding that will not stop, or swelling spreading to your eye or neck, call **999** or go to A&E.

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