

Clear Correct Teeth Straightening frequently asked questions

What if I lose or break an aligner?

Speak with your doctor immediately.

Will treatment be painful?

A little discomfort is common, especially during the first 3–5 days of wearing each new aligner.

Will wearing aligners affect my speech?

You may speak with a slight lisp while your tongue gets used to the aligners. It usually improves within a few days.

What should I do if one of my aligners doesn't fit?

Talk to your doctor.

Are there any foods I can't eat during treatment?

No, actually—one of the advantages of clear aligner treatment is that you can remove them to eat whatever you normally would.

Is it OK to drink hot or cold beverages while wearing aligners?

Drinking anything besides cool water while wearing aligners is not recommended.

Can I chew gum while wearing aligners?

No, please don't. Aligners aren't made to withstand the kinds of force exerted while chewing, and gum is sugary and sticky and things can get off track real quick.

Can I smoke with the aligners?

Smoking is not recommended; it can stain your aligners and teeth. (Studies show it's not great for your lungs, either.)

Why do some of my aligners have bumps on them?

These bumps (called engagers) help move your teeth.

What if I lose or break an engager?

Talk to your dentist