

Questions Patients Always Ask



- **Why is my treatment taking so long?**

Bone remodelling has a fixed biological pace. Your timeline is biologically calibrated.

Book the Appointment

Book Now

Your first consultation is an assessment, no commitment, no pressure.



- **Do I really have to wear a retainer forever?**

Yes. Teeth have a memory. The periodontal fibres that held them in their old position take years to fully remodel. Without a retainer, relapse begins within weeks.

Any

Age Can Benefit

Bone responds to controlled pressure at every stage of life.

Align Dental Studio

Dr. [Doctor's Name]
[Qualification]

Our Address :



123 Anywhere St., Any City, ST 12345

Our Contact:



1234567891



2131415161

Your Orthodontic Journey



**From your first consultation to your
final retainer check.**

Every adjustment brings you one step closer to the smile
you've been putting off.

How to Choose

Orthodontic treatment can be done using different options.

Metal Braces – Visible ● Affordable ● Most-Effective

Ceramic – Less-Visible ● More-Costly ● Same-precision
● Stain with tea, coffee, turmeric

Self Ligating – Few-appointments ● Easy to clean
● More comfortable ● Available in metal & ceramic

Clear Aligners: Invisible ● Removable-Trays ● 22 hours daily wear compulsory ● Most expensive



At Every Visit

- Check for poking wires after every adjustment using your tongue and have them adjusted immediately.

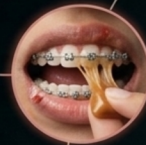
Checklist Guide

DON'Ts

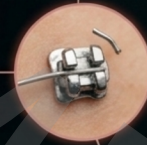
AVOID HARD FOODS
(No Ice, No Raw Carrots)



AVOID STICKY FOODS
(No Toffee, No Chewing Gum)



DO NOT IGNORE BROKEN BRACKETS
(Causes Treatment Pause)



DON'T IGNORE MILD SORENESS
(Take Paracetamol, Eat Soft Foods)



- Mild soreness after adjustments is normal. Take soft foods for 48 hours, lukewarm water rinses, and paracetamol if needed.



Daily Care Routine

- Orthodontic wax can protect your cheeks and lips if braces cause irritation.
- Brush after every meal and clean around brackets or aligners

Regular Dental Check-Up — Is a Must

DOs

BRUSH EVERY MEAL
(Prevent Decalcification)



APPLY ORTHODONTIC WAX
(Proactively Protect Mucosa)



CHECK FOR POKING WIRES
(Contact Dentist Same Day)



CONTINUE DENTAL CHECK-UPS
(Prevent Decay)



Know Before You Begin

- Avoid hard and sticky foods — ice, raw carrots, hard crusts, toffee, chewing gum. A broken bracket pauses your treatment until repaired.