

SALE DENTAL SPA

Clear Aligners

Your guide to discreetly straighter teeth

Reviewed by Dr Hamza Mirza, Clinical Lead · GDC 298973 · Last reviewed August 2026

Creating beautiful natural smiles since 2005

Clear aligners are transparent, removable orthodontic trays that gradually straighten teeth by applying gentle, controlled pressure over time. They are a discreet alternative to traditional braces and can be used to correct crooked teeth, gaps, overcrowding, and certain bite problems.

Who are clear aligners right for?

Clear aligners are ideal for patients who want a discreet way to straighten their teeth and are committed to wearing them as directed. To be effective, aligners must be worn for **20 to 22 hours a day**, only being removed for eating, drinking anything other than water, and brushing your teeth. Our patients who wear their aligners consistently typically achieve the best results, while wearing them for fewer hours each day can slow treatment progress and affect the final outcome. Clear aligners work best for motivated patients who can commit to following their treatment plan and attending regular check-ups.

How do clear aligners work?

Clear aligners work by applying gentle, controlled pressure to gradually move your teeth into their ideal position. Using a digital treatment plan, a series of custom-made aligners is created, with each aligner making small, precise movements to straighten your smile over time.

To help achieve the planned tooth movements, some patients may require small tooth-coloured attachments, often called **buttons**, which are bonded to certain teeth. These attachments help the aligners grip the teeth more effectively and carry out more complex movements. In some cases, **elastics (rubber bands)** may also be used to improve the bite and jaw alignment.

For treatment to be successful, aligners should be worn for **20 to 22 hours per day**. You'll typically change to a new set of aligners every 1 to 2 weeks and attend check-ups, so our dentist can monitor your progress and ensure your treatment stays on track.

How long does clear aligner treatment take?

The length of clear aligner treatment varies from person to person, depending on the complexity of the tooth movements required. In general, treatment can take anywhere from **6 to 18 months**, with some minor cases being completed more quickly (3 months) and more complex cases taking longer. One of our dentists will create a personalised treatment plan based on your smile goals and provide an estimated treatment time

before you begin.

What happens after clear aligner treatment?

Once your teeth have reached their final position, you'll need to wear a retainer to help keep them there. Teeth naturally tend to move over time, so retainers are an essential part of maintaining your new smile. Depending on your treatment plan, you may be provided with a removable retainer to wear at night or a fixed retainer, which is a discreet wire bonded behind your teeth.

Wearing your retainers as instructed is crucial for preserving your results and preventing your teeth from gradually shifting back towards their original position. Without retainers, the benefits of your aligner treatment can be lost over time.

Can people tell I'm wearing clear aligners?

Clear aligners are designed to be very discreet and virtually invisible, so most people won't notice you're wearing them unless they're looking closely. Unlike traditional braces, there are no metal brackets or wires, making clear aligners a popular choice for adults and teenagers who want a more subtle way to straighten their teeth. In some cases, small tooth-coloured attachments (often called buttons) may be placed on certain teeth to help with specific movements. These are still quite discreet, but they can make the aligners slightly more noticeable at close range.

See your result first

Our digital scanner can show you an on-screen simulation of your projected result before you commit to treatment, as part of a free Smile Design consultation.

What does it cost?

Prices are always current on our website at saledentalspa.co.uk/fees, and flexible payment options are available through our finance partner. Ask us for details at your consultation.

Better still: book a free Smile Design consultation and you will leave with a written plan and exact pricing for your own teeth, with nothing to pay for the consultation and no pressure to go ahead.

Ready when you are

Ready to start your smile transformation? Our experienced and friendly team will guide you through every step of your clear aligner journey, from your initial consultation to your final results.

Book a free Smile Design consultation and see what is possible before you decide anything, with a personalised treatment plan tailored to your goals, lifestyle, and budget. We look forward to welcoming you to the practice and helping you love your smile again.

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