



JUST FOR FAMILY, TEENS

SmileDirectClub MythChompers: 4 Clear Aligner Myths – CHOMPED

Debunking the most common misconceptions about clear aligners.

There are a ton of misconceptions out there about straightening teeth with clear aligners. No, they're not dangerous like braces. Yes, a doctor is involved, and yes, **clear aligners are completely safe.**

SmileDirectClub is the pioneer of doctor-directed, remote clear aligner therapy, and we've helped more than 700,000 happy grimmers smile confidently.

Now let's chomp some myths about clear aligners, shall we?



Aligner Myth #1: Everyone will know I'm wearing aligners.

BUSTED! SmileDirectClub aligners are clear, so no one will even know you're wearing them. Plus, our aligners are the most natural looking. They have a slightly matte finish so they don't reflect light. Chances are, no one will even notice you're wearing them.



Aligner Myth #2: You'll have to comply with food restrictions.

BUSTED! Because clear aligners are removable, there are no food restrictions. You can eat whatever you want, even apples and popcorn. Just be sure to always remove your aligners before eating and drinking anything other than cool water. And always brush and floss after eating before putting your aligners back in. (While you're at it, check out these foods for a healthy smile.)

Aligner Myth #3: No doctor is involved.

BUSTED! What we do is called tele-dentistry. SmileDirectClub straightens teeth without needing in-person visits. It's completely safe, and a fully licensed dentist or orthodontist oversees each smile plan and checks in remotely every 90 days. [Get to know the doctors behind your new smile here.](#)

Aligner Myth #4: They're inconvenient.

BUSTED! Clear aligners are easy, convenient, and great for busy kids. We'll send all your aligners to you or clinic, so there are no monthly office visits. Just be sure to complete your 90-day check-ins so your doctor can make sure your teeth are moving according to plan.

The Grin Life

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