

3M | Clarity™ Aligners

Let's talk about your smile.

**3M™ Clarity™ Aligners are nearly invisible –
but the results aren't.**

Clarity Aligners are a series of removable plastic trays that are totally customized for your teeth and treatment plan. They are designed to guide your teeth into the ideal position and create the beautiful, healthy smile you want.



The power of your smile.



1 in 3 Americans are unhappy with their teeth.¹

Simply moving your facial muscles to form a smile has the power to improve your mood.



Because of the mind-body connection, our facial expressions reflect how we feel *and* contribute to how we feel.³

Today, 1 in 4 orthodontic patients are adults.¹

Smiling causes people to appear younger.

In a study, smiling people were perceived as younger than people with frowns.⁴



Smile strength or intensity can predict long-term relationship success.⁵



Kids under 18 years of age show moderately

large quality of life

improvement in the areas of emotional and social well-being, following orthodontic treatment.²



Smile intensity in photographs is positively associated with a person's life span.⁶

3M™ Clarity™ Aligners are designed to treat a wide range of cases.



Class II Overbite



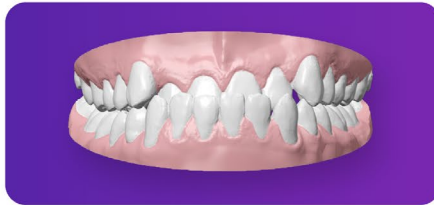
Spacing



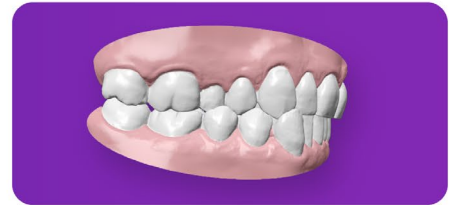
Crowding



Open Bite



Class III Underbite



Crossbite

Your oral health is the goal of any plan, focusing on three areas.



Straightening teeth.

Often, permanent teeth can erupt in a crooked, overlapping or rotated position and this may even block the emergence of another tooth. These problems can make cleaning and chewing difficult, place extra strain on teeth, jaws and muscles – and even lead to wear or broken teeth.



Fixing your bite.

The way your teeth fit together when you close your mouth is referred to as your bite. A misaligned bite affects chewing and can result in a disorder and/or headaches. It can also wear tooth enamel over time.



Improving appearance.

The position of your teeth in relation to your face can dramatically affect facial aging and appearance. A smile you feel confident about can increase self-esteem.



What to expect from treatment.



Prior to starting treatment, have your teeth professionally cleaned.



Small attachments will be bonded to your teeth to aid in optimal tooth movement.



Adjusting to treatment takes time. Your speech may feel a little clumsy at first.



Aligners only work when they're in the mouth. Optimal wear time is 22 hours per day.



Aligners should be removed when eating and drinking anything besides water.



Brush teeth after eating and drinking. Floss daily. Brush and rinse trays with water before reinsertion.



Questions to ask your doctor.

What questions should I ask my provider? Make a list and bring it along to your first consultation. Here are a few common questions:

- ▶ How is my treatment cost determined, and how much will it be?
- ▶ Does your quote include all treatment costs from beginning to end?
Are there any additional fees?
- ▶ What are my insurance and payment options?
- ▶ Can you describe the procedures you will be using?
- ▶ How long will I be wearing aligners?
- ▶ How often will I need to schedule my check-up or adjustment appointments?



FAQs about 3M™ Clarity™ Aligners.

Are clear aligners comfortable to wear?

You may initially experience discomfort with each aligner. The more you wear them, the more comfortable they become, and the more confidently you can smile.

How long will I be in treatment?

Every patient is different, and every smile is unique. The length of treatment varies based on your individual needs. Be confident that your 3M™ Clarity™ Aligners treatment plan will be custom designed to achieve the happy, healthy smile you want.

How many hours do I need to have the aligners in?

Aligners need to be worn 22 hours per day or as prescribed.

How often should my aligners be changed?

Wear your Clarity Aligners in sequential order according to numbering on the packaging. Your doctor will prescribe the wear time – most commonly one or two weeks per aligner.

Can I eat with clear aligners?

You will want to remove your aligners so that you can enjoy your favourite foods and drinks (except water), keeping them clear and clean.

How do I keep my aligners clean?

Clarity Aligners can be cleaned with a soft-bristle toothbrush and cool water. Specific cleaning instructions are included in your Clarity Aligners Patient Welcome Kit.

What types of cases can be treated with Clarity Aligners?

Clarity Aligners are used to confidently treat a wide range of cases including crowding, expansion and closing spaces.

1. American Association of Orthodontists. (2023, January 11). American Association of Orthodontists. <https://aaoinfo.org/adult-orthodontics/>.
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3. Marmolejo-Ramos, F.; Murata, A.; Sasaki, K.; Yamada, Y.; Ikeda, A.; Hinojosa, J. A.; Watanabe, K.; Parzuchowski, M.; Tirado, C.; and Ospina, R. (2020). Your Face and Moves Seem Happier When I Smile. *Experimental psychology*, 67(1), 14–22. <https://doi.org/10.1027/1618-3169/a000470>.
4. Hass, N. C.; Weston, T. D.; and Lim, S. L. (2016). Be Happy Not Sad for Your Youth: The Effect of Emotional Expression on Age Perception. *PLoS one*, 11(3), e0152093. <https://doi.org/10.1371/journal.pone.0152093>.
5. Hertenstein, M. J.; Hansel, C.; Butts, S.; Hile, S. (2009). Smile intensity in photographs predicts divorce later in life. *Motivation & Emotion*, 33, 99–105. Download.
6. Abel, E. L.; and Kruger, M. L. (2010). Smile Intensity in Photographs Predicts Longevity. *Psychological Science*, 21(4), 542–544. <https://doi.org/10.1177/0956797610363775>.



3M Oral Care

2510 Conway Avenue
St. Paul, MN 55144-1000 USA

Phone 1-800-423-4588

Web [3M.com/aligners](https://www.3m.com/aligners)

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