

ACTIVE ALIGNERS

Teen SMILE CHECKLIST

✓ 1. Teeth & Growth Development

Permanent Teeth Are Fully Erupted

☐ Yes ☐ No / Not Sure

Active Aligners Teen works best once all adult teeth have come through.

Jaw Growth Is Mostly Complete

☐ Yes ☐ No / Not Sure

Most mid-late teens are in the ideal stage for efficient tooth movement.

✓ 2. Alignment Concerns

My Teen Has One or More of the Following:

- ☐ Crowded teeth
- ☐ Gaps or spaces
- ☐ Rotated teeth
- ☐ Mild bite issues (overbite, underbite, crossbite)
- ☐ Protruding teeth
- ☐ Teeth have shifted after previous braces
- ☐ Mild to moderate misalignment overall

If you ticked two or more — ACTIVE ALIGNERS may be an excellent option.

✓ 3. Motivation & Responsibility

My Teen Can:

- ☐ Wear aligners 20–22 hours per day
- ☐ Keep track of their aligner case
- ☐ Maintain good brushing & flossing habits
- ☐ Follow instructions and commit to treatment
- ☐ Avoid frequently misplacing things

Teens who are motivated tend to do exceptionally well with ACTIVE ALIGNERS.

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A PROVIDER NEAR YOU**

✓ 4. Lifestyle & Personality Fit

My Teen Wants:

- ☐ A discreet alternative to braces
- ☐ A treatment that won't interfere with school photos, socializing or confidence
- ☐ The ability to remove aligners for sports or playing instruments
- ☐ A more comfortable treatment with fewer dental visits

If your teen cares about comfort, flexibility, and appearance, ACTIVE ALIGNERS are ideal.

✓ 5. Health Requirements

My Teen Has:

- ☐ No untreated cavities
- ☐ No gum disease
- ☐ No loose or damaged teeth
- ☐ Good brushing & flossing habits
- ☐ No major jaw or skeletal issues (or is still being evaluated)

Healthy teeth and gums are essential for safe tooth movement.

If you ticked 10 or more boxes:

🎉 Your teen is very likely a great candidate for Active Aligners Teen.

A consultation will confirm details and create a personalised treatment plan.

If you ticked 6–9 boxes:

👍 Your teen may be a candidate.

A dentist will assess bite alignment and readiness.

If you ticked 0–5 boxes:

🤔 Your teen may need alternative orthodontic care.

A consultation will clarify the best treatment path.