



miaAligners

Patient Guide



Your best smile without braces



A Hassle-Free Smile Journey with Mia Aligners.

How It Works.

1. Your first appointment.
Talk to your doctor to see if Your Journey with Mia Aligners begins with a consultation with your dentist. During this visit, your smile and overall oral health will be assessed using detailed dental records, often captured with a modern intraoral scanner. Your dentist will also discuss payment and insurance options available to help make your treatment more accessible.



2. Your Personal treatment plan.
We'll work with your doctor to Based on your digital scans, a customised Mia Aligners treatment plan is created specifically for you. This plan shows how your teeth will gradually move into their ideal positions over time. Your dentist can walk you through the plan and show you a preview of your new smile before treatment begins.



3. Your Aligner treatment.
Once your Mia Aligners are ready, your dentist will ensure they fit correctly and provide clear instructions on how to wear and care for them. You will wear your aligners for about 23 hours a day, changing to a new aligner every 2 weeks, allowing them to gently move your teeth step by step into alignment. Each aligner brings you closer to a straighter, healthier, and more confident smile.



Ask your Dentist if **MIA Aligners (Invisible Braces)** are the right fit for you



MIA Aligners are a clear aligner system used to straighten your teeth as an alternative to metal braces. A series of clear custom-made plastic removable aligners gently apply pressure and guide your teeth into the desired position.



You will be required to attend periodic appointments with your dentist to check your progress.



It's recommended that you wear the aligners 23 hours a day. They should be removed for meals only, brushing and flossing before re-inserting the aligner.



Treatment time can vary from a few months to a few years depending on the complexity of your case.



Some patients may experience mild discomfort, but it is generally not painful. There may be brief periods - days, not weeks, when new aligners can cause temporary tooth discomfort.



The process starts with your dentist or orthodontist, where they take a digital scan of your teeth that is submitted to Mia Healthcare for your treatment setup. If you are happy with the proposed treatment plan, we create and ship your aligners to your doctor to give to you to make sure they fit properly.

BEFORE AND AFTER WITH MIA ALIGNERS



From subtle crowding to more complex bite imbalances, Mia Aligners are designed to treat a wide range of concerns.

CROSS BITE

A cross bite occurs when the upper and lower teeth do not align correctly from side to side. With MIA Aligners, tooth position and bite balance are gradually corrected using controlled, predictable movements.

OPEN BITE

An open bite is when the front teeth do not meet when biting down. MIA Aligners are designed to close the bite gently and effectively, improving function, aesthetics, and long-term stability.

CROWDING

Crowding happens when there is insufficient space for teeth to align properly. MIA Aligners gradually create space and align teeth for a healthier, more harmonious smile.



STEP 1.

Visit your treating doctor to determine whether MIA Aligners are right for you. A precise 3D digital scan of your smile is taken, allowing us to design a personalised treatment plan tailored to your unique needs and goals.



STEP 2.

Your aligners are custom-crafted using advanced technology and delivered to your practice ready to begin your smile transformation.

miaAligners

www.mia-healthcare.com



Scan me for more information.

Digitally planned. Professionally guided

Every **MIA Aligner** treatment begins with advanced digital planning. Your dental professional carefully maps each stage of tooth movement before treatment starts, ensuring a clear, considered, and predictable approach to your smile.