

FREE GUIDE FROM ALIGNLOOM

Braces vs Aligners Decision Worksheet

A simple worksheet to weigh braces against clear aligners for your situation — before you talk to an orthodontist.



Understand braces and clear aligners in plain language — then get matched, free, with licensed orthodontists near you. You compare and choose who to see.

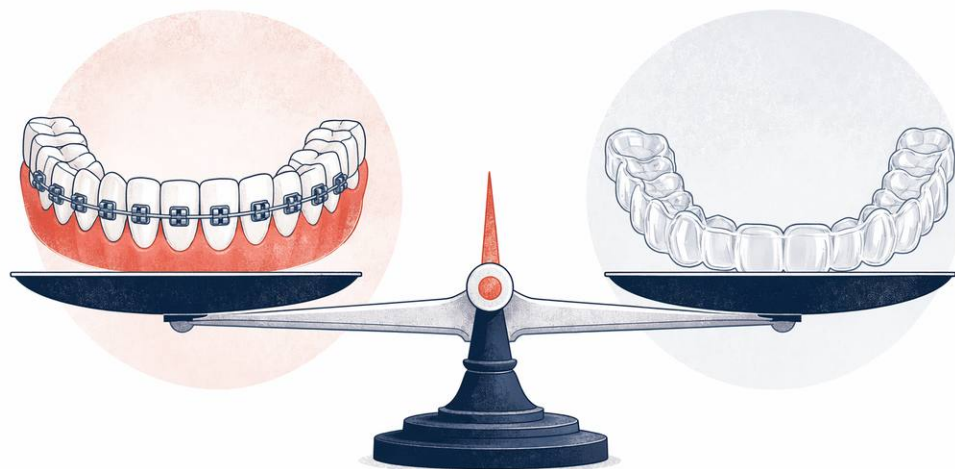
How to use this

For each row, mark which option fits you better. There is no single right answer — only a licensed orthodontist can say what your case allows. This just helps you see your own priorities clearly.

Compare the options

What matters to you	Braces tend to be	Aligners tend to be
Visibility	More visible (ceramic less so)	Nearly invisible
Discipline needed	Fixed — always working	You must wear them 20-22 hrs/day
Complex cases	Often the stronger choice	Best for milder cases

Eating	Some foods to avoid	Remove to eat anything
Cost	\$3,000-\$8,000	\$3,000-\$8,000

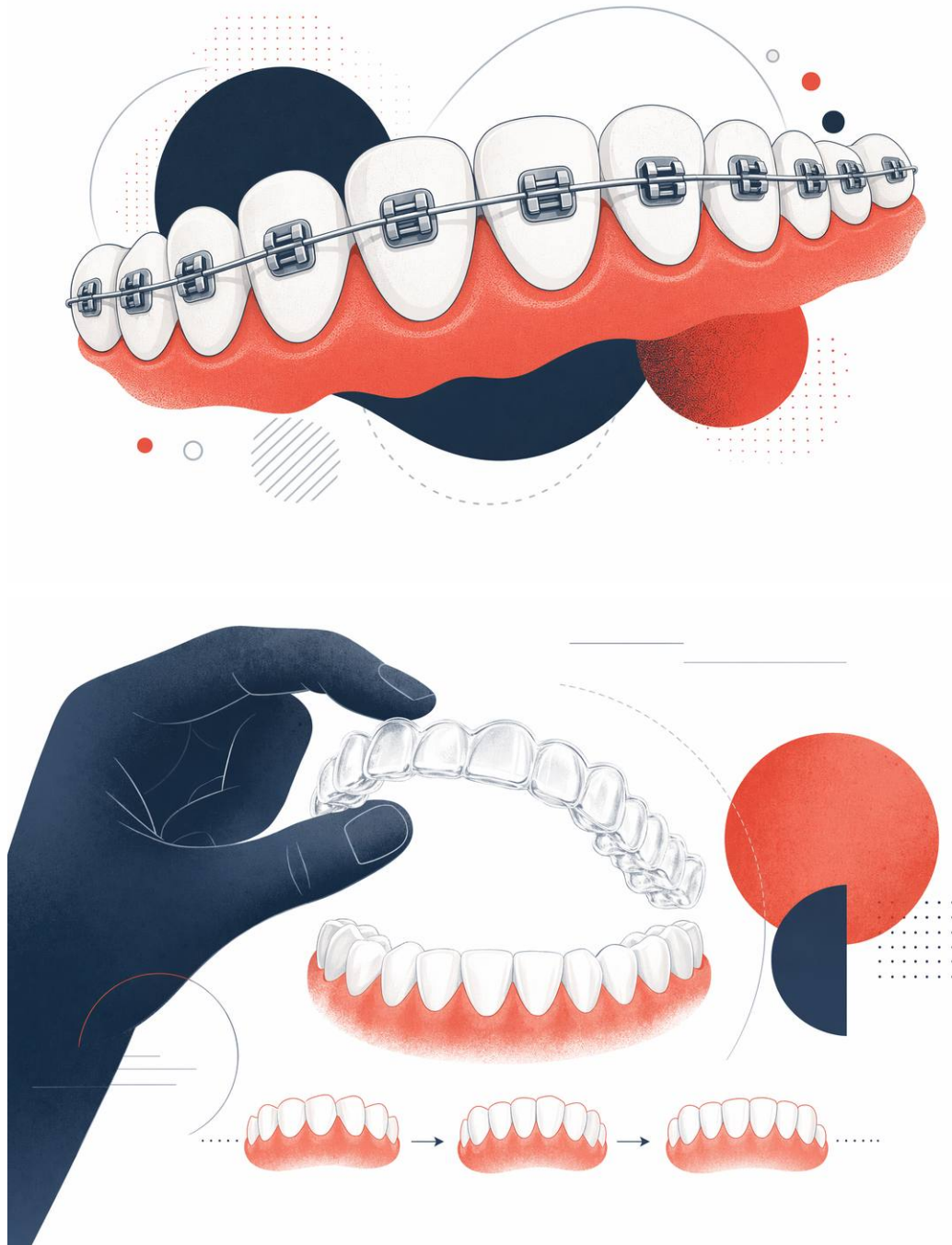


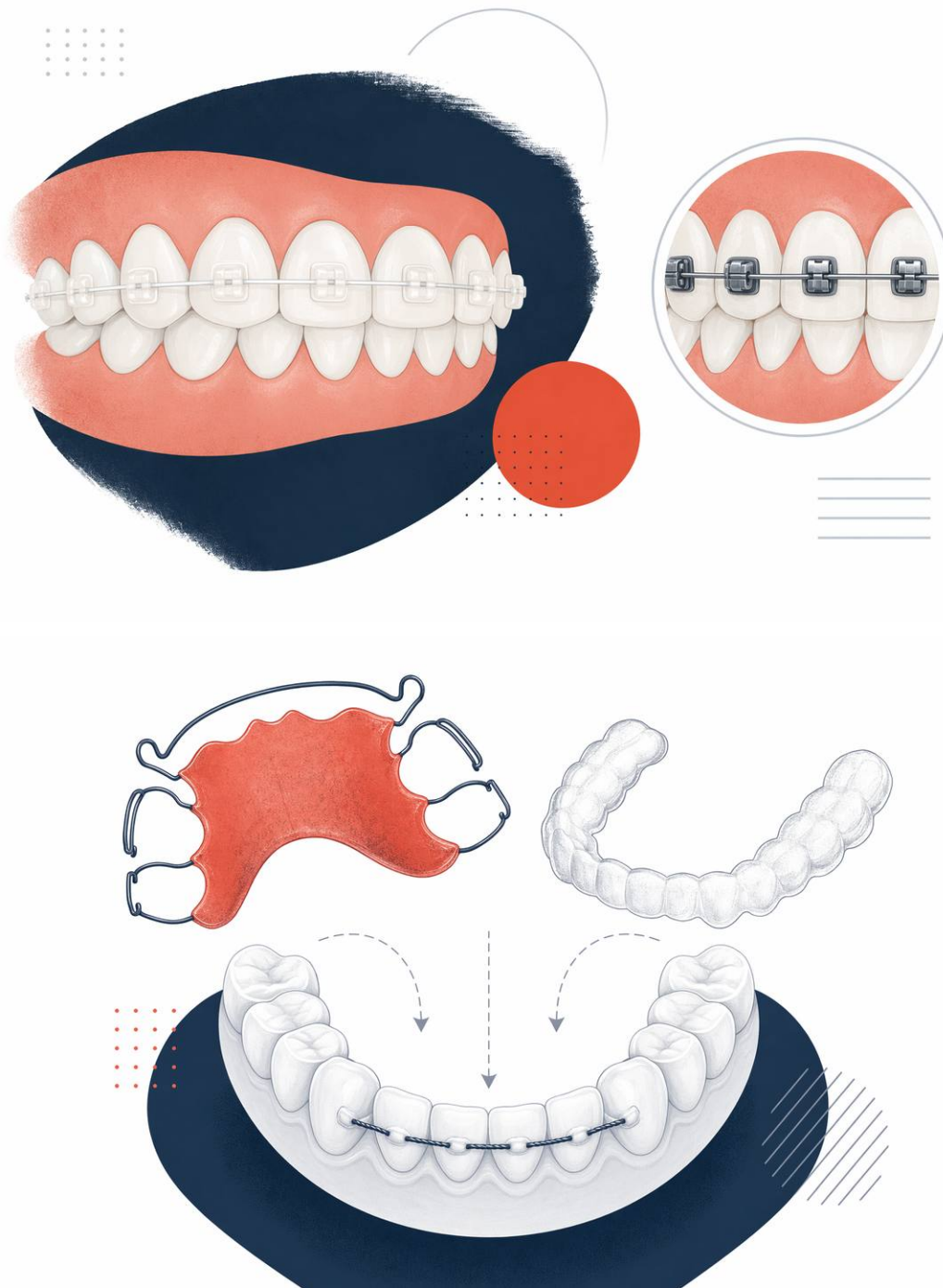
Score your priorities

- 1 List your top three priorities (look, comfort, cost, time).
- 2 Mark which option wins each priority.
- 3 Note any dealbreakers (for example, a job where braces are hard).
- 4 Bring this to your consultation and ask the orthodontist to react to it.

Remember

- Your case may only allow one option — that is normal.
- Aligners only work if you actually wear them.
- Both finish with a retainer you wear to hold the result.
- Get the plan and price in writing before you start.





Important

AlignLoom is a free matching service, not a dental or orthodontic practice, and is not a dentist, orthodontist, or licensed healthcare provider. Nothing here is medical or dental advice. The information is general and educational; only a licensed orthodontist can advise you after an in-person exam. Cost figures are typical ranges and estimates, not quotes or guarantees; your real price depends on your case, your area, and your insurance. Always see a licensed orthodontist, verify their license yourself, and confirm the treatment plan and price in writing before you start. We collect contact details only — never medical history.