

FREE GUIDE FROM ALIGNLOOM

Braces & Aligner Treatment Tracker

A simple tracker for appointments, aligner changes, soreness, and questions to bring to your next visit.



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

Why track

Treatment runs over many months. A simple log keeps you on schedule and gives your orthodontist useful information at each visit.

Track each visit

- Date and what was done
- Next appointment date
- Any new soreness or rubbing, and where
- Questions to ask next time

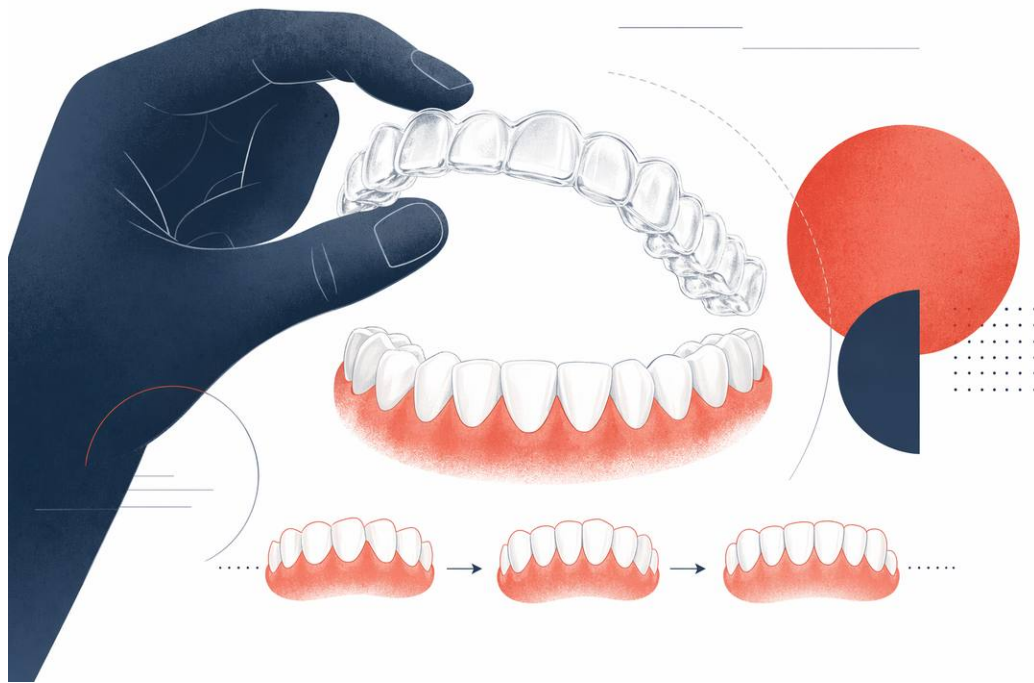


If you wear aligners

- Which tray number you are on
- The date you started it
- Hours per day you actually wore it
- Any tray that does not fit well

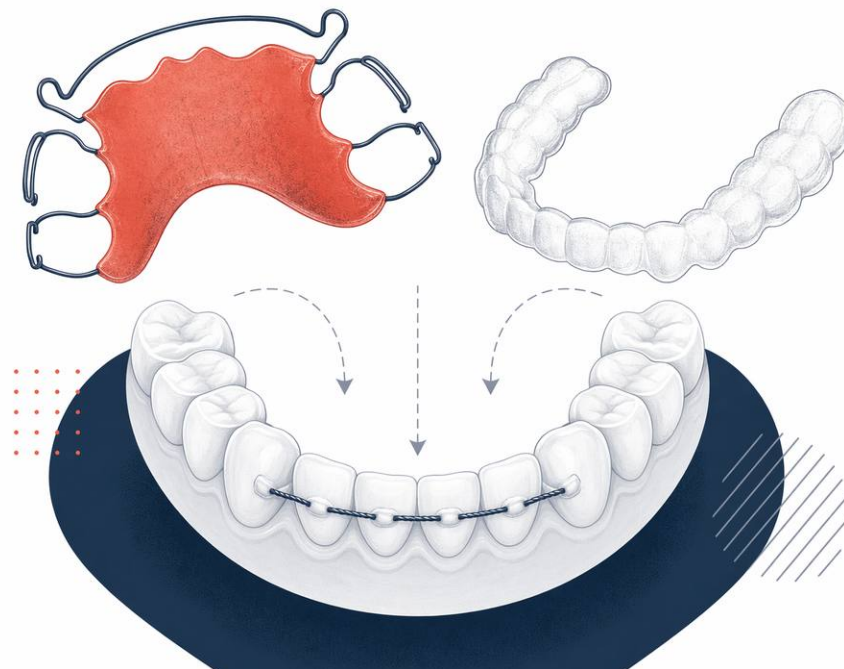
Daily care reminders

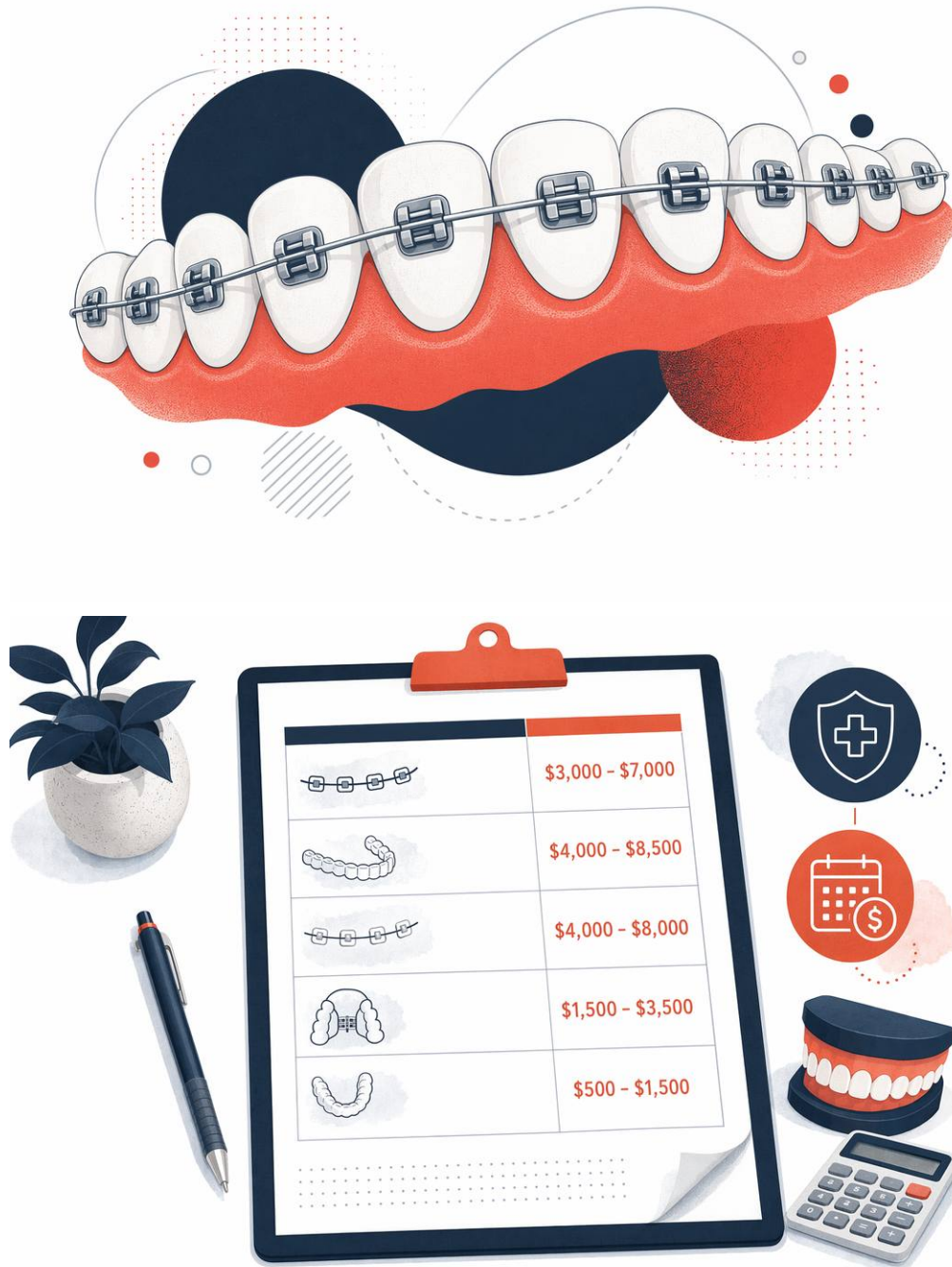
- 1 Clean teeth after meals before putting aligners back in.
- 2 Rinse and store aligners in their case — never a napkin.
- 3 Avoid hard or sticky foods if you wear braces.
- 4 Wear your retainer exactly as instructed once treatment ends.



When to call the office

- A broken bracket or poking wire
- An aligner that will not seat
- Pain that is not easing after a few days
- A lost or damaged retainer





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.