



Invisalign or Traditional Braces?

THINGS YOU NEED TO KNOW ABOUT INVISALIGN AND BRACES

READ THIS ARTICLE BEFORE CHOOSING A TREATMENT TO STRAIGHTEN YOUR TEETH.

Is Invisalign a good option for you or a family member?

Here are the questions to ask:

1. What is the severity of the condition?

Invisalign is a great tool but it is limited in its range of application. A complimentary Dental Health for Life evaluation in our office can guide you. Some patients have either severe, or moderate to severe, alignment issues. Not everyone needs orthodontic treatment and not every patient who needs orthodontic treatment is a good candidate for Invisalign. Some patients will not receive the full benefit of an Invisalign appliance without prior treatment with traditional braces or other procedures such as palate expansion. An evaluation does not always suggest treatment, as in many cases it may not be needed.

2. How old is the patient?

As mothers, fathers, and dentist we recognize that kids are just kids. In today's world we need to evaluate your child's ability to follow a daily, structured routine.

- How responsible is your child?**
- Is your child capable of using Invisalign?**
- Does your child frequently lose and forget things?**
- Would your child forget to remove and clean it periodically?**

We not only evaluate the dental condition of your child but can help you select an option that fits your child's condition, their level of responsibility, and within a budget designed for you.

3. Do you feel moderate or severe sharp pain when drinking or eating cold food?

Chances are that you either have exposed root due to bone loss (a periodontal problem) or damage to the edges of your front teeth. The exposure of the second and more sensitive layer of the tooth called dentin is what causes the pain. On a daily basis we provide solutions to patients who complain of moderate to severe sensitivity to cold food or drink, to brushing, or even just breathing on cold days.



Please Notice the thin light brown line at the center of the teeth. This is the second layer of the tooth.

Fluoride treatment has been proven to reduce severe sensitivity in patients with bone loss or exposure of the second layer of the tooth. Here is where a secondary benefit of Invisalign can be realized. Patients are advised to use their Invisalign at night so it can also serve as a custom fluoride tray. Instead of creating an additional cost, we can provide a package that maximizes the value of your treatment.

4. Is it difficult to clean between your teeth, especially the lower front ones?

Aside from very young patients, many patients receiving Invisalign are not doing it just for aesthetic reasons, but because they are concerned about bone loss. Periodontal problems in front teeth are mainly due to misalignment and you simply cannot clean them by usual methods.





Notice the early signs of bone loss

Teeth with too much space or not aligned with adjacent teeth collect plaque. Plaque becomes tartar and causes periodontal problems or bone loss and sensitivity.



Many patients often complain of moderate to severe sensitivity. Alignment of your teeth creates a fair chance that you will be able to follow your usual cleaning appointment schedule. However there is this advice: *you are prone to bone loss and you cannot afford to be casual regarding your dental care and must have routine cleanings.*



5. Are you too busy to have frequent visits to the orthodontist's office or can't speak with braces on your teeth?

Are you a busy person who needs to continue your profession without any distractions?

Do you travel often and for long periods of time?

Invisalign does not have traditional brackets which often cause irritation to the inside of the mouth by rubbing against the cheeks and lips. Invisalign is removable. It just has to be used continuously for 8 hours either day or night.

6. Are you one of the thousands of people who are unknowingly destroying your front teeth?

Do you feel your front teeth are thinning?

Have you noticed a thin gray line at the edge of your teeth?

Do your front teeth feel jagged, chipped, and uneven?

Misalignment also damages your front teeth.



Most likely you can be damaging your front teeth, and by the time you notice it, the only solutions are veneers or crowns which are still not an answer.

Make an appointment for a complimentary Dental Health for Life evaluation. It is geared to evaluate and advise you about your concerns and provide the best options at a reasonable cost.

We have been offering Invisalign for many years, and we use this as part of a total package to a good lifetime dental condition.

Invisalign is well known for:

- **Cost: less expensive than braces**
- **Comfort**
- **Aesthetics**
- **Helping professionals who still have to perform their daily duties**
- **Those who need to travel and are concerned about missing brackets and elastic bands.**

Invisalign overcomes some of the shortcomings of traditional braces:

- **Less pain and discomfort (as reported by patient experiences). Invisalign users feel moderate to slight tightness at the beginning of treatment.**
- **Duration: sometimes the time required for braces can be too long or unpredictable. With Invisalign's advanced technology you will be advised on the duration of the treatment prior to starting.**
- **Brackets and wires collect tartar. When your teeth are moving because of bone loss, why choose a treatment that makes it harder to clean your teeth.**
- **Braces require brackets and they get cemented to your teeth. Cement covered teeth not receiving calcium and fluoride. They can become decalcified and decalcification is a cavity waiting to happen.**
- **Frequent visits for periodical exams to the orthodontist is not required as often.**
- **Emergency visits for broken wires, brackets, elastics, etc.**