

What You  
Should Know

About  
Invisalign®





It is not uncommon to see teens and adults alike undergoing orthodontic treatment. According to the American Association of Orthodontics, greater than four million Americans are currently wearing some type of orthodontic appliance, and a surprising 24 percent increase in the number of adults pursuing treatment within the last three decades has been observed. A large part of this trend toward orthodontic treatment has been the implementation of clear aligners for guided tooth movement.

## Facts and Information

Likely the most well-known of such products, Invisalign® is an orthodontic system that utilizes incremental repositioning of teeth with clear plastic aligners. The advanced system is available in comprehensive and express options, as well as in a form specifically designed for teenaged patients. Removable clear aligners made of comfortable plastic gently work to bring the teeth into favorable positions. Worn for two weeks at a time, each set of aligners is replaced with the next in a series that has been predetermined by the prescribing Invisalign® certified dentist. A computer-generated treatment plan helps design the best route to the desired end result.

## About Invisalign®

The Invisalign® organization is highly innovative and is continually improving its products and treatment processes. In fact, individuals who were not candidates for Invisalign® five years ago or so may now be eligible to receive this orthodontic treatment given the advancement in technology and dedication to expand treatment options on the part of this organization

# Tips for Wearing Invisalign® Aligners

The following tips can help Invisalign® patients care for and maintain their aligners to comply with the treatment protocol:

- Follow the exact instructions given by the prescribing dentist.
- Wear the aligners at all times, except for when eating, brushing, and flossing.
- Maintain proper cleaning and care for each set of aligners.
- Keep all aligners away from pets and heat sources.
- Understand that speech will be slightly affected the first couple of weeks upon beginning treatment. Consider avoiding any presentations or professional engagements during this time.
- Depending on individual needs, small tooth-colored attachments may be placed on select teeth to aid in treatment. Careful brushing around these areas is advised.
  - Avoid consuming dark-colored beverages while wearing aligners, as this may contribute to staining of the teeth and aligners.



## Why Choose Invisalign® Over Traditional Braces?

Though both address malpositioning and misalignment of the teeth within the jaw, Invisalign® is frequently preferred over traditional orthodontic treatment due to a number of advantages. Apart from the aesthetic aspect, homecare compliance and the ability to eat all types of foods are significant benefits over contending with brackets and wires. The comfort factor is also a huge plus, as there is little to no soft tissue trauma that results from wearing the comfortable aligners.

The Invisalign Teen® system features blue indicator spots on each set of aligners, which is perhaps the most unique advantage of this orthodontic treatment. These areas lighten in color over time, enabling parents to know if their teens are wearing the aligners as required.

Traditional orthodontic treatment is still necessary in some cases, but the Invisalign® system has certainly enhanced the way treatment is carried out for numerous individuals. For more information and to determine your candidacy for treatment, contact your Invisalign® certified dentist today.