

9 things parents need to know about Invisalign treatment

1 What is Invisalign treatment?

Invisalign treatment is the virtually invisible way to straighten your teen's teeth without the restrictions that come with metal braces. Rather than wires and brackets, the Invisalign System uses a series of clear, removable aligners that have been custom-made for your teen's teeth. Your teen simply wears them over their teeth and changes them out for a new set of aligners approximately every 1-2 weeks. Little by little, your teen's teeth gradually shift into place, achieving that confident smile.

2 What are some of the practical advantages of Invisalign treatment over traditional braces?

If you've had braces yourself, you already know the issues associated with metal wires and brackets. With Invisalign treatment, the aligners are removable, so your teen can play sports without the worry of being hit in the mouth by a ball, which can cause real damage in braces. They can also continue playing musical instruments properly. With braces, there is a long list of foods your teen shouldn't eat, from popcorn to whole apples and raw carrots. With Invisalign treatment, there are no such restrictions. The removable aligners make it easy to brush and floss normally to maintain proper oral hygiene.

3 Are there any emotional concerns to consider?

With Invisalign treatment, no one needs to know your teen is straightening their teeth, giving them the confidence to be themselves in front of everyone.

4 How long does Invisalign treatment take?

The average treatment time is about the same as with traditional braces, but the actual length of your teen's treatment depends on the severity of their condition and can only be determined by your doctor.

5 Does my teen have to wear Invisalign treatment all the time?

Invisalign aligners is most effective when worn 20 to 22 hours per day and changed approximately every 1-2 weeks. Clinical study data show that teens wear their aligners on average for just under 21 hours per day, exactly as recommended. Plus, Invisalign treatment has an option with built-in compliance check; each set of aligners has blue indicators that fade over time when used as directed, so the doctor can track compliance.

6 How much time will be spent visiting the doctor?

Invisalign treatment often requires less time with your doctor than traditional braces. There are no adjustments to make, no broken wires to fix. After the initial appointment, follow-up appointments are usually scheduled every 6-8 weeks.

7 Is Invisalign treatment as effective as traditional braces?

Yes. When worn according to the recommendations of an experienced Invisalign-trained doctor, Invisalign treatment can be as effective as traditional braces for the most common teeth-straightening issues. Invisalign can effectively treat mild to severe cases, including underbite, overbite, overcrowding and gaps between teeth. The chances are very high your teen will be a great candidate for Invisalign treatment.

8 Who is eligible for Invisalign treatment?

Invisalign treatment can be used for teens who have erupting or erupted permanent dentition - this includes most teenagers. An Invisalign-trained doctor should evaluate your teen's specific dental issues to determine candidacy.

9 How much does Invisalign cost?

Invisalign treatment can cost about the same as traditional braces. Costs for orthodontic treatment can vary with geography and with the complexity of treatment - see an Invisalign-trained doctor for full details. Also, check your dental insurance plan - orthodontic treatment with Invisalign maybe covered by some dental insurance policies. Many doctors can also offer flexible and affordable monthly payment plans.