

INVISALIGN FAQ'S

How Do the Aligners Work?

Invisalign works similarly to metal braces do; their main advantage is the fact that they are clear as opposed to braces. Your aligners are designed to put gentle force on your teeth, in different areas, and with careful timing, to bring them into a more aesthetic and functional alignment. Each aligner is designed to make only the slightest of adjustments.

Aligners are swapped out usually about every two weeks, to continue putting pressure on your teeth. This ensures that your dentist can continue monitoring the progress of your teeth and alter the aligners if necessary. Eventually, the incremental progress will slowly accumulate, and you'll discover that your smile is better than ever. The best part of it all is that you won't have to deal with the bulk or discomfort of traditional braces to get the smile you've always wanted.

Why Choose Invisalign Over Metal Braces?

When compared to traditional metal braces, Invisalign aligners have so many more benefits. They both straighten your teeth for you, but with Invisalign you don't have those unsightly metal brackets and wires in your mouth and you don't have to worry as much about what you eat. If you are considering adult braces, Invisalign may be a more appealing option.

In addition, the smooth, clear aligners are practically invisible in your mouth and very comfortable to wear. It is also easier to keep your teeth and gums clean and healthy

with Invisalign because the aligners are removable. You are not trying to brush and floss around brackets and wires like you are with metal braces.

How Long Is Treatment?

Treatment length varies depending on your particular alignment issues, but in general, Invisalign treatment for adults usually can be completed in ten to eighteen months. Treatment for tweens and teens usually lasts as long as traditional braces, about two to three years.

How Often Do I Have To Wear My Aligners?

You must wear your aligners every day for 20 to 22 hours in order for them to work. This is crucial to the effectiveness of your treatment. When you take your aligners out to eat and drink or to clean them and your teeth, make sure you put them right back in. Missing large gaps of treatment time will derail your treatment which can be very frustrating. And typically you will receive a new set of aligners every two weeks.

How is Invisalign Different from Mail-Order Teeth Aligners?

Have you seen the social media ads for mail-order teeth alignment? They have seen a huge rise in popularity recently as people look for orthodontic work at a lower cost. And you might look at the clear trays used by these companies and wonder if they are any different than the Invisalign trays.

The answer is: yes! Invisalign is definitely a different product. The mail-order companies make an impression of your teeth and use it to develop clear trays, just like Invisalign. However, they do not complete any additional assessment, such as x-rays or gum examinations. The trays they make are not part of a progressive series and stay the same for your entire treatment. The Invisalign process may look similar, but it is far safer, more predictable and efficient. You are carefully evaluated before beginning treatment, and you are closely monitored during every stage. You receive

new aligners every few weeks to take your progress as far as it can go without damaging your teeth.

Do I have To Give Up Certain Foods?

No! One of the best parts of the Invisalign system is that you do not have to restrict your diet. The trays are meant to be removed while you eat, so you do not have to worry about damaging them with hard or sticky foods. You may want to be a little easy on your teeth after each new set of aligners though, because your teeth may be a little uncomfortable while adjusting. Keep in mind, though, that you will need to brush your teeth after eating before you put the aligners back in. If you eat a food that will be very difficult to brush out (say, corn on the cob), make sure you have enough time to clean thoroughly before wearing the aligners again.

Does Invisalign Hurt?

While there is pressure on your teeth to align them, many patients are not very affected by this. However, it is entirely possible that you may feel a little discomfort and soreness, especially when you are starting with a new set of liners.

This discomfort should clear up within a few days and should never exceed pain beyond some general sensitivity. As your teeth and mouth become used to the pressure from the Invisalign, you'll find that the soreness dissipates and you can no longer notice the pressure at all. If needed, you can take a pain reliever such as that for headaches (Tylenol, Ibuprofen, etc)

Is Invisalign Easy To Use?

Yes, that is what people love the most about Invisalign. The aligners are easy to put in and remove and are very comfortable to wear. There are no sharp edges that can dig into your gums and because they are practically invisible to people around you, you will feel more confident wearing them. Also because they are removable, **keeping**

your aligners and teeth and gums clean is a lot easier. You will be able to get into all the nooks and crannies without any problems.

Why Is Wearing Invisalign 22 Hours A Day Necessary?

22 hours is most of the day which can seem like a lot, but it is really truly necessary for you to wear your Invisalign aligners for that long every day. This is because the aligners gradually put pressure on your teeth to move them into better alignment and this takes time. If you have them out for long gaps of time during the day, not enough pressure is being exerted to get the results you want.

What Are Invisalign Attachments?

Sometimes during [Invisalign treatments](#), your orthodontist will add tooth-colored “handles” to your teeth to give the aligners something to push against. They help increase the pressure on your teeth to get the proper alignment. They are invisible just like the aligners though so you will barely notice that they are there.

Will people be able to see that I am wearing something on my teeth?

Because the aligners are made of clear plastic, Invisalign is pretty much invisible. People would have to look really hard at your teeth to spot them. Most people will never know you are wearing them unless you tell them. Aligners can get stained and give off an odor if they are not cleaned properly.

Are Invisalign Results Permanent?

This really depends on you. For best results, you need to follow all the instructions of your orthodontist, making sure you wear your aligners every day for the prescribed amount of time. Also, like with any type of orthodontic treatment, you will need to wear retainers after your Invisalign treatment. This will help keep your teeth in their teeth permanently. Do all this and you will be able to enjoy your beautiful smile for the rest of your life.

Can Invisalign Give You Headaches?

Because your face, jaw and teeth are all connected, sometime the pressure applied to your teeth as they shift can cause headaches. Other side effects include jaw popping or grinding, jaw pain, neck pain and earaches.

When Will I Start to See Results with Invisalign?

Usually it takes a few months before you start to see results with Invisalign. Sometimes however a patient can start to feel subtle changes with that first tray. It all depends on the individual patient.

Will I Need To Wear a Retainer After Treatment?

Just like with regular braces, the end of your treatment doesn't necessarily mean that your teeth will be perfectly straight for the rest of your life. Most dentists and orthodontists will recommend that you wear a retainer even after the completion of your aligners' work to prevent your teeth from moving back to their original position over a long period of time.