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5 FIVE IMPORTANT Questions To Ask Before Getting INVISALIGN

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FIVE IMPORTANT Questions To Ask Before Getting **INVISALIGN**

Who doesn't want a beautiful smile? More than just a facial expression, a smile helps you engage effortlessly with other people, opens new doors, and some people even find their smile helps them attract a new partner.

Unfortunately, unless you happen to have been blessed with a perfect set of straight gleaming white teeth, many of us will at some time or another find ourselves needing some sort of orthodontic treatment if we are to achieve the smile of our dreams.

Five Important Questions To Ask Before Getting Invisalign

Discreet and comfortable

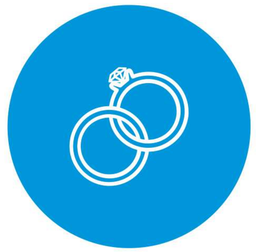
Orthodontics is the area of dentistry that deals with straightening crooked teeth and repositioning teeth which are misaligned, leading to improved aesthetics and a much better bite. Once, the only type of braces available were the traditional metal train-track style braces which most people associate with children and their school days. However, thanks to advancements in technology there are more discreet braces such as Invisalign, which many adults are attracted to because they are virtually invisible and far more comfortable to wear than traditional braces. So what is Invisalign?

Invisalign uses a modern approach to teeth straightening by means of a series of custom-made clear plastic aligners which are created just for you. They gently shift the teeth into position and because there are no metal wires or brackets on show, no-one need ever know that you're straightening your teeth. Sounds too good to be true? Well they do depend on a certain amount of self discipline so they may not be for everyone. However, before making any hasty decisions about Invisalign here are 5 important questions which you need to ask yourself and your dentist to determine whether this type of braces is suited to you and your lifestyle.

1. Do I have a big event or milestone coming up?

Perhaps you've been considering braces for some time but keep putting them off for one reason or another. After all treatment can be both lengthy and expensive. However, if you've got a special day or big event to look forward to such as a graduation, wedding, or even a milestone birthday and you want to look your best, then you might want to reconsider. After all, do you really want to look back in years to come on family photographs that show off your crooked and misaligned teeth?

A big event could just be the motivation that you need to commit to braces with the goal of achieving a beautiful straight smile in time for the special day. We've helped many brides and grooms achieve their perfect smile before they tie the knot.



2. Am I a good candidate for Invisalign?

- Invisalign is an easy and comfortable way to fix a variety of orthodontic issues, but it isn't for everyone for a number of reasons. Naturally your Invisalign provider will be able to confirm whether or not Invisalign is a suitable treatment for you, but primarily the decision rests with how severe your dental issues are. Invisalign struggles to fix severe orthodontic problems such as a large overbite and often more advanced procedures would be needed to shift the jaw. However, assuming your dental problems are relatively moderate then Invisalign can be used to treat crowded teeth, gapped teeth, overbites, underbites, and crossbites.

- In order to be effective your aligners need to be worn for the majority of the day and must be removed to eat and drink (except water) and to brush and floss your teeth. Unfortunately this factor can tempt a patient to leave their braces off for longer and this will lengthen treatment time. Furthermore, you'll also need to wear a retainer shortly after removing braces otherwise your teeth will shift back to their original position.

- Caring for your Invisalign aligners is relatively simple since you can brush your aligners to clean them at the same time that you brush and floss your teeth. You'll also need to soak them from time to time in special cleaning tablets to keep them hygienic. Also, ladies will have to stick to clear lip gloss since lipstick can stain the transparent aligners.

- Invisalign also requires regular visits to your dentist during treatment, usually about every 4-6 weeks, but since no adjustments are necessary it will be a short visit to monitor your progress and issue you with your next few sets of aligners. However, depending on the proximity of your dental clinic, frequent appointments can impact on a busy lifestyle.

- It's fair to say that Invisalign is a great treatment for straightening teeth but if you're not totally committed to all it entails, then quite simply it won't work.

3. How does Invisalign straighten teeth?

- Using a mixture of X-rays, impressions, and pictures of your mouth Invisalign are able to create a 3D image of them. Using this your dentist is able to map out a precise treatment plan which includes the exact movements of your teeth and an approximate time-scale. What's more, using this same technology your dentist will also be able to show you on a computer screen how your teeth will move at each stage and what the end result will look like. Although every individual is different, an adult can expect their treatment to last anywhere between 9 and 18 months and a teen should expect a similar length of treatment to traditional braces. Once you and your dentist are happy with the appearance of your virtual smile the Invisalign laboratory can go ahead and make your customised aligners.

- Once you receive your aligners you'll need to wear them for at least 22 hours a day, removing them only to eat and drink and to brush and floss your teeth. They fit snugly over your teeth, a bit like a boxer's mouthguard and as you wear them your teeth will be gradually eased into their desired positions. Because they're virtually invisible you'll be able to carry on smiling throughout your treatment without anyone being any the wiser. At the end of each two week period your aligners are swapped for the next ones in the series, advancing your treatment, and this will continue until treatment is completed. Unlike conventional braces, Invisalign controls the amount of movement per aligner as well as the timing of the movement, efficiently moving teeth into their prescribed position. Depending on the severity of your case anywhere from 18 to 40 custom aligners may have to be made for you. At each stage you'll be able to see how your smile is changing.

4. Will it Be Painful?

- As with any type of device that is worn in the mouth you can expect to feel a little discomfort at first. You may also find that you develop a slight lisp but both of these symptoms soon disappear once you get used to wearing your aligners. In addition, each time a new aligner is inserted at the next stage of treatment you may feel a little discomfort for a few days afterwards.

- It's normal to experience this and is best described as feeling a little pressure being applied. Don't worry, it's a sign that your aligners are working to gradually ease your teeth into their new positions, and the discomfort will disappear normally within three days.

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