

# 5 Reasons to Use Invisalign Instead of Traditional Braces



Crooked teeth in adults and teenagers have often been corrected using traditional metal braces. Unfortunately, conventional braces are not the most comfortable, or the most attractive tools around.

Living with metal braces can be a difficult experience, and while they achieve results when it comes to dealing with misaligned teeth, they can also cause problems as well.

Luckily, these days there are other options for straightening misaligned teeth that will also help you avoid a lot of the drawbacks of conventional braces.

Below are 5 reasons you may want to consider using Invisalign instead of traditional braces.

## 1. They Don't Draw Attention

One of the biggest complaints about metal braces is their appearance. Braces can make many people, both teens and adults, feel very uncomfortable with their appearance and make them feel as though everyone is looking at them.

Invisalign aligners, on the other hand, are much harder to notice. They are clear and very inconspicuous, meaning that you'll still be able to smile to your heart's desire without feeling self-conscious.

## **2. Treatment is Shorter**

Another great benefit of Invisalign treatment is that you won't have to wear them nearly as long before achieving results. Traditional braces can take as long as 5 full years to straighten your teeth.

Invisalign, on the other hand, is often able to straighten your misaligned teeth in one to one and a half years. That's considerably less time than braces, meaning that you'll be able to get the perfect smile you've always wanted in record time.

## **3. Maintenance is Easy**

Invisalign braces are also much easier to maintain. This can make a huge difference when it comes to hygiene.

You can easily take the Invisalign aligner out when it's time to brush your teeth and floss. This will help ensure that you keep good dental hygiene and can avoid problems such as cavities or gingivitis.

You can also keep the aligner itself clean without much difficulty. You can easily take the aligner out and rinse it if it gets too dirty.

## **4. They're More Comfortable**

One of the biggest complaints about metal braces is how uncomfortable they are. Although they can help your teeth, they can also be very painful.

Invisalign is much more comfortable and allows your teeth to avoid the pain associated with having metal wire in your mouth at all times.

Additionally, it's also a lot more convenient when it comes to eating.

When using metal braces you'll have to avoid candy, hard foods, and sticky foods. Restrictions are minimal with aligners, however, and you'll be able to remove the aligner whenever it's time to eat.

## **5. Your Mouth Will Be Safer**

Invisalign is a much safer alternative to metal braces. The protruding metal wire of conventional braces can cause damage and irritation when it scratches your mouth and gums.

As a result, using braces comes with a lot of discomforts as well as the risk of bone loss and gum deterioration. In extreme cases, braces can even lead to the loss of a tooth.

On the other hand, clear aligners are much more gentle on the mouth and will help reduce the damage that you would experience if you relied on metal braces instead.

## **Final Thoughts**

While metal braces can do a lot of good for your teeth, they are not without their problems. Invisalign helps to give you the same benefits of conventional braces but without the potential drawbacks and problems.

Although the cost can be a bit more than traditional braces, when you compare the two side by side, it's a no-brainer. Invisalign is the way to go.

Ready to learn more about your tooth straightening options? Contact us today to schedule a consultation.